

THE PRICE OF A
HOT SCHOOL
MEAL OR SALAD
& PUDDING IS
£2.30
Or five meals
in one week
for £9.20

THE Healthy Option at Crofty's Restaurant



AVAILABLE EVERY DAY! CROFTY'S SALAD BAR

Children can self select as much salad as they desire from the wide range available. This will accompany their choice of ham, turkey, cheese, pasta or tuna AND one of the potato dishes of the day. In addition children can choose either the hot pudding of the day or the homemade fresh fruit salad. Excellent value for £2.30 and very healthy. (To reserve a salad children must register **S** in a morning)

MONDAY

OUR HEALTHY HOMEMADE MEAL
Homemade Chicken Curry with Rice and a Choice of Bread. **Fresh Juice of the day. Choice of four salad options. NO LIMIT on salad choices. Selection of Wraps.** Homemade Chocolate Sponge & Pink Sauce or **Homemade Fresh Fruit Salad or Yoghurt.**

THURSDAY

OUR HEALTHY HOMEMADE MEAL
Homemade Cottage Pie with Hash Browns and a choice of Bread. **Fresh Juice of the day. Choice of four salad options. NO LIMIT on salad choices. Selection of Wraps.** Jelly and Fruit or **Homemade Fresh Fruit Salad or Yoghurt.**

TUESDAY

OUR HEALTHY HOMEMADE MEAL
Sausages with Jacket Potato and a Choice of Bread. **Fresh Juice of the day. Choice of four vegetable or salad options. NO LIMIT on vegetable or salad choices. Selection of Wraps.** Homemade Fruit Muffin or **Homemade Fresh Fruit Salad or Yoghurt.**

FRIDAY OUR HEALTHY HOMEMADE MEAL

Fish Cake with chips and a Choice of Bread. **Fresh Juice of the day. Choice of four vegetables or salad options. NO LIMIT on vegetable or salad choices. Selection of Wraps.** Ice Cream or **Home-made Fresh Fruit Salad or Yoghurt.**

WEDNESDAY

OUR HEALTHY HOMEMADE MEAL
Homemade Italian Style Chicken Fillet with Pasta and Crusty Bread. **Fresh Juice of the day. Choice of four vegetables or salad options. NO LIMIT on vegetables or salad choices. Selection of Wraps.** Jelly or **Homemade Fresh Fruit Salad or Yoghurt.**

VEGETABLES EVERY DAY

Included with every hot meal will be a choice of **four vegetables**. Children may self serve as many vegetables as they wish from the range. Children may also choose to visit the **Salad Bar** instead of taking the vegetables if they prefer. A homemade fresh fruit salad is also available every day as a dessert.

GUARANTEED Home Cooked and healthy meals **EVERY DAY.** Guaranteed **FREE CHOICE** of Vegetables and Salad **EVERY DAY.** School Meals have **NEVER** been so good for your children and so **HEALTHY.** Please support **YOUR** school's meals.

Crofty's Restaurant

Week Commencing Monday 20th January 2014

Crofty's Milk Bar
Hot Soup available
Monday-Thursday
morning break.
Fairtrade Hot Chocolate
available Friday morning
break.
Milk Shakes available at
lunch time
ONLY 30p

