

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

# The Vegetarian Option at Crofty's Restaurant



**Crofty's Restaurant**

**Week Commencing Monday 28th April 2014**

## 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 pudding of the day or the homemade fresh fruit salad or yoghurt. Excellent value for £2.30 and very healthy. (To reserve a salad children must register S in a morning)

### MONDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

NOT IN SCHOOL

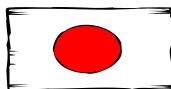
### THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Homemade Mild Chilli with Steamed Rice and a Choice of Bread. **Fresh Juice of the day. NO LIMIT on vegetables or salad choice. Selection of Wraps.** Homemade Fruit Muffin or **Homemade Fresh Fruit Salad or Yoghurt.**

### TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL



Showa Day

Japan's National Holiday Menu

Quorn Chicken with Rice and Noodles. **Fresh Juice of the day. NO LIMIT on vegetables or salad choice. Selection of Wraps.** Homemade Taiyaki (Fish Shaped Cake) or **Homemade Fresh Fruit Salad or Yoghurt.**

### FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetable Nuggets with Chips, Beans and a Choice of Bread. **Fresh Juice of the day. Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choice. Selection of Wraps.** Ice Cream or **Homemade Fresh Fruit Salad or Yoghurt**

### WEDNESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Quorn Sausages with Yorkshire Pudding, Roast Potatoes and a Choice of Bread. **Fresh Juice of the day. NO LIMIT on vegetables or salad choice. Selection of Wraps.** Jelly and Fruit 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.

**Crofty's Milk Bar**  
FAIRTRADE  
FORTNIGHT  
Fairtrade Hot Chocolate  
available every morning  
break.  
Milk Shakes available at  
lunch time  
**ONLY 30p**

**TO RECEIVE A VEGETARIAN DINNER, PARENT/CARERS MUST INFORM THE OFFICE IN WRITING STATING THAT THEIR CHILD IS A VEGETARIAN**