

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 14th July 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
Quorn Chasseur with Rice and a Choice of Bread. **Fresh Juice of the day.** **Choice of four vegetables or salad choices. NO LIMIT on vegetables or salad choices. Selection of Wraps.** Homemade Madeleines and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL
CANADA DAY
Quorn Roast with Fries and a Choice of Bread. **Fresh Juice of the day. Choice of four salad options. NO LIMIT on salad choices. Selection of Wraps. Ice Cream or Homemade Fresh Fruit Salad or Yoghurt.**

TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL
Homemade Pepperoni Pizza with Hash Browns and a Choice of Bread. **Fresh Juice of the day. Choice of four vegetables or salad options. NO LIMIT on vegetables or salad choices. Selection of Wraps.** Homemade Flapjack or **Homemade Fresh Fruit Salad or Yoghurt.**

FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL
Fish Fillet with New Potatoes and a Choice of Bread. **Fresh Juice of the day. Choice of four vegetables choices. NO LIMIT on vegetables. Ice Cream or Homemade Fresh Fruit Salad or Yoghurt.**

SORRY NO SALAD/WRAPS TODAY

WEDNESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL
Italian Style Vegetarian Meatballs with Pasta and a Choice of Bread. **Fresh Juice of the day. Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choices. Selection of Wraps. Jelly & 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/Soup Bar

Summer Fruit Kebabs available every morning break.
Milk Shakes available every lunchtime only
Only 30p

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