

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 15th September 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 Sausages with Jacket Potato and Beans and a Choice of Bread. **Fresh Juice of the day. Choice of four vegetable or salad options. NO LIMIT on salad choices. Selection of Wraps.** Homemade Jam Sponge and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

### THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Quorn Fillet with Stuffing and Roast Potatoes and a Choice of Bread. **Fresh Juice of the day. Choice of four vegetable or salad options. NO LIMIT on salad choices. Selection of Wraps.** Homemade Chocolate Sponge and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

### TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

**MEXICAN NATIONAL DAY**  
Vegetarian Chilli with Rice and Tortillas and a Choice of Bread. **Fresh Juice of the day. Choice of four vegetable or salad options. NO LIMIT on salad choices. Selection of Wraps.** Ice Cream and Fruit or **Homemade Fresh Fruit Salad or Yoghurt.**

### FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

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

### WEDNESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetarian Cheesy Pasta Bake and Crusty Bread. **Fresh Juice of the day. Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choices. 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/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**