

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 8th 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). **Unfortunately we are unable to cater for guests.**

SPECIAL OFFER—5 MEALS FOR £5 THIS WEEK

MONDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetarian Mince with Yorkshire Pudding and Mashed Potato 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.**

THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetable Pasta Bake and Crusty Bread. **Fresh Juice of the day. Choice of four vegetable or salad options. NO LIMIT on salad choices. Selection of Wraps.** Homemade Iced Cornflake Special or **Homemade Fresh Fruit Salad or Yoghurt.**

TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

BRAZILIAN NATIONAL DAY
Brazilian Vegetable and Black Bean Stew and Rice 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 Banana Cake or **Homemade Fresh Fruit Salad or Yoghurt.**

FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetable Burger with Chips and Beans 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

Quorn Roast, Stuffing and Roast Potatoes. **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