

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



Crofty's Restaurant

Week Commencing Monday 13th October 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 \$ in a morning).

MONDAY

OUR HEALTHY HOMEMADE MEAL

Margherita 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 and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

THURSDAY

OUR HEALTHY HOMEMADE MEAL

Sausages with Yorkshire Pudding and Creamed Potatoes 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.** Home-made Chocolate Sponge and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

TUESDAY

OUR HEALTHY HOMEMADE MEAL

Roast Chicken with Sage and Onion Stuffing and Boiled Potatoes 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 Chocolate Crunch and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

FRIDAY

OUR HEALTHY HOMEMADE MEAL

Fillet of Fish with Potato Wedges 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 **Homemade Fresh Fruit Salad or Yoghurt.**

WEDNESDAY

OUR HEALTHY HOMEMADE MEAL

Spaghetti Bolognese with Garlic Bread. **Fresh Juice of the day. Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. 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.

Fresh Fruit available
every morning break.

Milk Shakes available
every lunchtime only.

Only 30p

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.

