

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



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).

Meals served at Crofty's Restaurant, Breakfast Club and Afternoon Tea Club contain Allergens. The list of Allergens in any meal is available on request from the School Kitchen.

MONDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Pizza Margherita with Hash Browns 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 Flapjack and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Cheesy Pasta Bake with Crusty 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

Quorn Fillet with Sage and Onion Stuffing and Boiled 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.** Jelly and Fruit or **Homemade Fresh Fruit Salad or Yoghurt.**

FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetable Nuggets with Potato Wedges 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.** Homemade Fruit Salad or **Homemade Fresh Fruit Salad or Yoghurt.**

WEDNESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

BONFIRE NIGHT

Quorn Sausage and Potato Wedges 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.** Homemade Bonfire Crackle or **Home-made 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

Fresh Fruit 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

Crofty's Restaurant

Week Commencing Monday 3rd November 2014