

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



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 HOMEMADE MEAL

Meatballs in a Rustic Tomato Sauce with Rice 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.** Iced Cornflake Special and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

THURSDAY

OUR HEALTHY HOMEMADE MEAL

Salmon Fishcake with Chips 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 Fresh Fruit Salad or Yoghurt.

TUESDAY

OUR HEALTHY HOMEMADE MEAL

Roast Pork Loin with 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 Jam Sponge and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

FRIDAY

NEW ZEALAND DAY



Roast Lamb with Mint Sauce and Roast Potatoes 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.** Kiwi Fruit and Ice Cream or **Homemade Fresh Fruit Salad or Yoghurt.**

WEDNESDAY

OUR HEALTHY HOMEMADE MEAL

Chicken Pasta Bake with Crusty Bread. **Fresh Juice of the day. Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. Selection of Wraps.** Homemade Chocolate Sponge and Custard 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 Restaurant

Week Commencing Monday 2nd February 2015

Homemade Vegetable Soup available Mon-Thu morning break.

Hot Chocolate available every Friday 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.

