

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 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

#### No Parent/Guests Availability

Chicken Korma 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.** Homemade Flapjack and Custard or Homemade Fresh Fruit Salad or Yoghurt.

### THURSDAY

OUR HEALTHY HOMEMADE MEAL

#### No Parent/Guests Availability

Roast Pork Loin with Stuffing and Roast 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 Rice Pudding or Homemade Fresh Fruit Salad or Yoghurt.

### TUESDAY

OUR HEALTHY HOMEMADE MEAL

#### No Parent/Guests Availability

Sausages with Yorkshire Pudding 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.** Chocolate Mousse or Homemade Fresh Fruit Salad or Yoghurt.

### FRIDAY

OUR HEALTHY HOMEMADE MEAL

#### No Parent/Guests Availability

Fish Fillet 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 Iced Sponge Cake or Homemade Fresh Fruit Salad or Yoghurt.

### WEDNESDAY

OUR HEALTHY HOMEMADE MEAL

#### No Parent/Guests Availability

Pasta 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.

# Crofty's Restaurant

Week Commencing Monday 22 June 2015

Frozen Fruit Kebabs  
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.