

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 6 July 2015**

## 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—Sorry No Parents OUR HEALTHY VEGETARIAN HOMEMADE MEAL

#### FESTIVAL OF BRITISH SALADS

Quorn Sausages in a Bread Roll

Selection of Salads

Assorted Cold Desserts

### THURSDAY—Sorry No Parents

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

#### FESTIVAL OF BRITISH SALADS

Creamy Pesto Pasta with Crusty  
Bread

Selection of Salads

Assorted Cold Desserts

### TUESDAY—Sorry No Parents OUR HEALTHY VEGETARIAN HOMEMADE MEAL

#### FESTIVAL OF BRITISH SALADS

Vegetarian Korma with Rice

Selection of Salads

Assorted Cold Desserts

### FRIDAY—Sorry No Parents OUR HEALTHY VEGETARIAN HOMEMADE MEAL

#### FESTIVAL OF BRITISH SALADS

Cheese and Onion Roll with  
New Potatoes

Selection of Salads

Assorted Cold Desserts

### WEDNESDAY—Sorry No Parents

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

#### FESTIVAL OF BRITISH SALADS

Pizza Margherita with Hash Browns

Selection of Salads

Assorted Cold Desserts

### 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.

Frozen Fruit Kebabs  
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**