

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 21 November 2016

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 VEGETARIAN HOMEMADE MEAL

Quorn Sausage with Hash Brown Potatoes and Beans and a Choice of Bread. **Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choices. Selection of Wraps.** Ice Cream Roll or **Homemade Fresh Fruit Salad or Yoghurt.**

THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL
NO SALAD/WRAP OPTION

THANKSGIVING DAY CARVERY

Quorn Roast with Roast Potatoes and Stuffing

A Selection of Cold Desserts.



TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Quorn Savoury Mince with Yorkshire Pudding and Boiled Potatoes and a Choice of Bread. **Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choices. Selection of Wraps.** Homemade Apple Crumble and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetable Nuggets with Chips and a Choice of Bread.

Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choices. Selection of Wraps. Homemade Iced Sponge Cake or **Homemade Fresh Fruit Salad or Yoghurt.**

WEDNESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Cheese and Tomato Pasta Bake with Crusty Bread and a Choice of Bread. **Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choices. Selection of Wraps.** Pineapple 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.

Fresh Fruit every morning break.

Milk Shakes available every lunchtime.

Only 30p

TO RECEIVE A VEGETARIAN DINNER, PARENT/CARERS MUST INFORM THE OFFICE IN WRITING STATING THAT THEIR CHILD IS A VEGETARIAN