

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 13 February 2017

## 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

Pizza Margherita with Potato Wedges 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 PARENT/ADULT GUESTS

Vegetable Nuggets and Chips and a Choice of Bread. **Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choices.** Selection of Wraps.  
Apple Crumble and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

### TUESDAY

#### VALENTINE'S DAY LUNCH



Creamy Cheese Pasta 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.  
Chocolate Heart Cookie  
or **Homemade Fresh Fruit Salad or Yoghurt.**

### FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

#### NO PARENT/ADULT GUESTS

Japanese Vegetable Stir Fry with Rice or Noodles and a Choice of Bread. **Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choices.** Selection of Wraps.  
Mango and Orange Smoothie or **Homemade Fresh Fruit Salad or Yoghurt.**

### WEDNESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

#### NO PARENT/ADULT GUESTS

Quorn Fillet with Stuffing 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.  
Iced Chocolate Cake  
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.

Soup available  
Mon-Thu morning break

Hot Chocolate  
Available every Friday  
Morning break

Milkshakes 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**