

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



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.**

Crofty's Restaurant

Week Commencing Monday 13 March 2017

MONDAY



COMMONWEALTH DAY

Jamaican Style Quorn with Rice and Beans and a Choice of Bread. **Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choices. Selection of Wraps.** Coconut and Jam Sponge with Ice Cream or **Homemade Fresh Fruit Salad or Yoghurt.**

THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Quorn Burger 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 Frosted Chocolate Cake or **Homemade Fresh Fruit Salad or Yoghurt.**

TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Cheese and Tomato Pasta Bake and a Choice of Bread. **Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choices. Selection of Wraps.** Homemade Chocolate Oat Delight and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

FRIDAY ST PATRICK'S DAY



Irish Vegetable Stew with Mashed Potatoes and a Choice of Bread. **Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choices. Selection of Wraps.** Apple Crumble with Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

WEDNESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Quorn Roast with Stuffing and Roast Potatoes and a Choice of Bread. **Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choices. 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.

Milk Shakes 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