

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

Chicken with BBQ Sauce and Pasta and a Choice of Bread.

**Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. Selection of Wraps.**

Homemade Chocolate Oat Delight with Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

### THURSDAY

#### OUR HEALTHY HOMEMADE MEAL

Meatballs with Tomato Sauce and Pasta and a Choice of Bread. **Choice of four vegetables or salad options.**

**NO LIMIT on vegetables or salad options. Selection of Wraps.**

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

### TUESDAY

#### EUROPE DAY

#### THE NETHERLANDS



Sausage with Stampot (potato and vegetable mash) and a Choice of Bread.

**Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. Selection of Wraps.**

Apple Cake with Ice Cream or **Homemade Fresh Fruit Salad or Yoghurt.**

### FRIDAY

#### OUR HEALTHY HOMEMADE MEAL

Fish Bites with Chips and a Choice of Bread. **Choice of four vegetables or salad options.**

**NO LIMIT on vegetables or salad options. Selection of Wraps.**

Selection of Cold Desserts or **Homemade Fresh Fruit Salad or Yoghurt.**

### WEDNESDAY

#### OUR HEALTHY HOMEMADE MEAL

Roast Chicken Fillet with Stuffing and Roast Potatoes and a Choice of Bread.

**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 8 May 2017

Milk Shakes available  
Mon-Thu morning break.

Hot Chocolate  
available every Friday  
morning break.

Milk Shakes available  
every lunchtime.

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.**