

THE PRICE OF A
HOT SCHOOL
MEAL OR SALAD
& PUDDING IS
£2.40
Or
FIVE MEALS IN
ONE WEEK FOR
£9.60

The Vegetarian Option at Crofty's Restaurant



Crofty's Restaurant

Week Commencing Monday 5 March 2018

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 £2.40 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 Yorkshire Pudding and Sweet Potato Mash and a Choice of Bread
Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. Selection of Wraps.
Homemade Toffee Apple Crumble and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetarian Bolognese and Garlic Bread
Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. Selection of Wraps.
Homemade Chocolate Crunch and Pink Custard
or **Homemade Fresh Fruit Salad or Yoghurt.**

TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetable and Quorn Pie and Herby Potatoes 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
Homemade Fresh Fruit Salad or Yoghurt.

FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetable Burger 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 VEGETARIAN HOMEMADE MEAL

Quorn 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.
Ice Cream
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.

Milk Shakes available
every lunchtime.

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