

THE PRICE OF A  
HOT SCHOOL  
MEAL OR SALAD  
& PUDDING IS  
£2.50  
Or  
FIVE MEALS IN  
ONE WEEK FOR  
£10.00

# The Vegetarian Option at Crofty's Restaurant



**Crofty's Restaurant**

**Week Commencing Monday 1 October 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 £2.50 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 Fajita Wrap with Rice and a Choice of Bread.  
**Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. Selection of Wraps.**  
Homemade Orange Shortcake and Custard  
or **Homemade Fresh Fruit Salad or Yoghurt.**

### THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Pizza Margherita with Hash Brown Potatoes and a Choice of Bread. **Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. Selection of Wraps.**  
Homemade Marble Sponge and Custard  
or **Homemade Fresh Fruit Salad or Yoghurt.**

### TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Pasta Napoletan with Garlic Bread.  
**Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. Selection of Wraps.**  
Homemade Chocolate Krispie and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

### FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetable Nuggets and 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

#### GERMAN NATIONAL DAY

Quorn Sausage with Hot Potato Salad and a Choice of Bread.  
**Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. Selection of Wraps.**  
Black Forest Gateau and 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.

Semi-Frozen Fruit Kebabs available 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**