

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



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 Pieces Italian Style with Rice 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.**

THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Pasta Napolitan and Crusty Bread.
Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. **Selection of Wraps.**
Homemade Eves Pudding and Custard
or **Homemade Fresh Fruit Salad**
or **Yoghurt.**

TUESDAY

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 Syrup Sponge and Custard
or **Homemade Fresh Fruit Salad**
or **Yoghurt.**

FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetable Sausage Roll 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

Quorn Roast 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.**
Homemade 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.

Crofty's Restaurant

Week Commencing Monday 17 September 2018

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