

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

# THE Healthy Option at Crofty's Restaurant



**Crofty's Restaurant**

Week commencing Monday 15 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 HOMEMADE MEAL

Chicken Pasta Bake with Crusty Bread  
**Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. Selection of Wraps.**  
Homemade Winter Berry Crumble and Custard  
or **Homemade Fresh Fruit Salad or Yoghurt.**

### THURSDAY

#### OUR HEALTHY HOMEMADE MEAL

Chicken Curry with Rice and Naan Bread.  
**Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. Selection of Wraps.**  
Homemade Madeline Sponge and Custard or  
**Homemade Fresh Fruit Salad or Yoghurt.**

### TUESDAY

#### OUR HEALTHY HOMEMADE MEAL

Braised Steak with Yorkshire Pudding and Boiled Potatoes and a Choice of Bread.  
**Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. Selection of Wraps.**  
Homemade Fruit Sponge and Custard or  
**Homemade Fresh Fruit Salad or Yoghurt.**

### FRIDAY

#### OUR HEALTHY HOMEMADE MEAL

Fillet of Fish 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 HOMEMADE MEAL

Roast Pork Loin 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.**  
Strawberry Mousse 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 every morning break and 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.