

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 12 November 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
NO PARENT/GUESTS

Cheese and Tomato Pasta Bake
with Crusty 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

Vegetable Nuggets with Chips
and a Choice of Bread.

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

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

TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL
NO PARENT/GUESTS

Cheese and Onion Roll with Jacket Potato
and a Choice of Bread.

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

Flapjack
or **Homemade Fresh Fruit
Salad or Yoghurt.**

FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL
NO PARENT/GUESTS

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.

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

WEDNESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Quorn Roast with Stuffing 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 Winter Berry Crumble and
Custard 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

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