

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



## 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

#### NO PARENTS/GUESTS

Chicken Wrap with Potato Wedges and a Choice of Bread. **Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options.**

**Selection of Wraps.**

Chocolate Mousse or **Homemade Fresh Fruit Salad or Yoghurt.**

### THURSDAY

OUR HEALTHY HOMEMADE MEAL



#### NO SALAD/WRAP OPTION

#### THANKSGIVING DAY CARVERY

Roast Chicken, Roast Ham or Roast Turkey with  
Roast Potatoes and Stuffing

A Selection of Cold Desserts.

### TUESDAY

OUR HEALTHY HOMEMADE MEAL

Bolognese Pasta Bake with Garlic Bread.

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

Homemade Apple Flapjack and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

### FRIDAY

OUR HEALTHY HOMEMADE MEAL

Fishcake and Chips and a Choice of Bread.

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

Jelly and Fruit  
or **Homemade Fresh Fruit Salad or Yoghurt.**

### WEDNESDAY

OUR HEALTHY HOMEMADE MEAL

Margherita Pizza with Hash Brown Potato and Beans 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.**

### 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 19 November 2018

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.