

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  
**NO PARENT/GUESTS**

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

### THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL  
**NO PARENT/GUESTS**  
**NO SALAD/WRAP OPTION**

#### **CHRISTMAS DINNER**



Quorn Fillet with Stuffing,  
Roast Potatoes and  
Vegetables  
followed by a  
Christmas Cookie.

### TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL  
**NO PARENT/GUESTS**

Quorn Sausage 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 Madeline Sponge and Custard  
or **Homemade Fresh Fruit  
Salad or Yoghurt.**

### FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL  
**NO PARENT/GUESTS**

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  
**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.**

### 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

Week Commencing Monday 17 December 2018

Crofty's Restaurant

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