

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

Chicken Fajita Wrap 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 Marble Sponge and Custard  
or **Homemade Fresh Fruit Salad or Yoghurt.**

### THURSDAY

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

### TUESDAY

#### OUR HEALTHY HOMEMADE MEAL

Fishcake with Chips  
and a Choice of Bread

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

Ice Cream with Fruit  
or **Homemade Fresh Fruit Salad or Yoghurt.**

### FRIDAY

#### OUR HEALTHY HOMEMADE MEAL

Pasta Bolognese with Garlic 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 Ham 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 Flapjack 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.

**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.**

# Crofty's Restaurant

Week commencing Monday 14 January 2019

Soup available  
Mon-Thu morning break.

Yoghurt available every  
morning break.

Hot Chocolate  
available every Friday  
morning break.

Milk Shakes available  
every lunchtime.

Only 30p