

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 21 January 2019

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

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

THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Cheese and Tomato Pasta Bake
with Garlic Bread.

Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. Selection of Wraps.
Homemade Eves Pudding and Custard or
Homemade Fresh Fruit Salad
or Yoghurt.

TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

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

FRIDAY

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

WEDNESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Quorn Fillet 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.
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.

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

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