

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 either the potato/ rice/plain pasta 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.**

**Crofty's Restaurant**

**Week Commencing Monday 11 February 2019**

### MONDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Vegetable Burger 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 Fruit Sponge  
and Custard  
or **Homemade Fresh Fruit Salad  
or Yoghurt.**

### THURSDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL



#### VALENTINE'S DAY

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.**

Chocolate Heart Biscuit  
or **Homemade Fresh Fruit Salad  
or Yoghurt.**

### TUESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Savoury Quorn Mince with Yorkshire  
Pudding and Mashed Potato  
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.**

### FRIDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL



#### A PIRATE'S LUNCH

Mango Quorn Fillet with Sweet Potato  
Fries and a Choice of Bread

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

Pineapple and Ice Cream  
or **Homemade Fresh Fruit Salad  
or Yoghurt**

### WEDNESDAY

OUR HEALTHY VEGETARIAN HOMEMADE MEAL

Quorn Sausage 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.**

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**