

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 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.**

### MONDAY

OUR HEALTHY HOMEMADE MEAL

Jumbo Fish Finger and 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 HOMEMADE MEAL



#### VALENTINE'S DAY

Chicken 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 HOMEMADE MEAL

Savoury 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 HOMEMADE MEAL



#### A PIRATE'S LUNCH

Mango Chicken 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 HOMEMADE MEAL

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.**

Raspberry Mousse  
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 11 February 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