

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

Margherita Pizza with Hash Brown Potatoes 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 Marble Sponge and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

### THURSDAY

#### OUR HEALTHY HOMEMADE MEAL

Roast Ham with Yorkshire Pudding 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.**  
Homemade Flapjack and Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

### TUESDAY

#### OUR HEALTHY HOMEMADE MEAL

#### CHINESE NEW YEAR

Sweet and Sour Chicken with Noodles and a Choice of Bread **Choice of four vegetables or salad options. NO LIMIT on vegetables or salad options. Selection of Wraps.**  
Jelly and Fruit or **Homemade Fresh Fruit Salad or Yoghurt.**

Chinese New Year 2019!

### FRIDAY

#### OUR HEALTHY HOMEMADE MEAL

Fish Cake 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 Iced Chocolate Cake or **Homemade Fresh Fruit Salad or Yoghurt.**

### WEDNESDAY

#### OUR HEALTHY HOMEMADE MEAL

#### NEW ZEALAND DAY

New Zealand Beef 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.**  
Kiwi Fruit and 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.

# Crofty's Restaurant

Week commencing Monday 4 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

**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.