

CROFTY'S MENU



Week Commencing Monday 4th March 2019

Take a fresh look at our Meal Deal at Crofty's Restaurant.



School Meals are Excellent Value.

Any Parent/Carer or Grandparent who would like to come to school and enjoy dinner with their children is welcome to do so. Just telephone the office before 10:00 am. on or before the school day* to reserve a meal. Please bring photo ID with you. Adult meals cost £3.50. A child's meal costs £2.50. (A full week offer of £10 is available.) It is excellent value, and by educating children away from a diet of crisps and processed food we are together building a lifetime of good eating habits and healthy hearts. **DINNERS MUST BE PREPAID, no more than £2.50 will be accepted in arrears.** Money can either be paid on line at School Money or be sent to the classroom in a labelled envelope. PLEASE DO NOT SEND LOOSE MONEY. Each room has a post box through which letters and money (providing it is in a labelled sealed envelope) can be sent to the school office. Meals are advertised on the website and there is always the salad with two wraps option. Children can self serve salad, vegetables and fruit salad and can have second portions.

* Please note; there are occasions e.g at Christmas during the show week, and on sporting tournament days when it is not possible to accommodate extra adult guests at lunchtime. The same applies for the first five school days in September when the priority is to reestablish systems for our pupils particularly our new starters.

MYTH BUSTER Common misconceptions

"I can't have as many vegetables as I like."

Oh yes you can!

"I can't have as much salad as I like."

Oh yes you can!

"I like the salad but I would like the potatoes as well."

You can have the potato, rice or pasta dish of the day with your salad.

"I can't go back to the counter for a second portion of vegetables or salad."

Oh yes you can!"

"I cannot have salad with the hot meal"

Oh yes you can!

I am gluten free and I can't eat a school dinner.

Oh yes you can, but your parents must register this with the school first, the same applies to vegetarians.

In addition ...

Older children will be asked at the serving point if they would like a larger portion of the main meal.

These children may also request this.

THE JACKET POTATO TRIAL

Week commencing 4th March 2019

In addition to the hot menu and the salad/wrap options, jacket potatoes will also be offered every day.

Children will register for either a Hot Dinner **√**, Salad/Wrap **S**, Jacket Potato **J**, Packed Lunch **P** or Home **H**. The Jacket Potatoes will be offered every day with cheese, tuna, coleslaw

and baked beans and the children can self serve if they wish, mixing and matching their toppings.

With the jacket potato, children can also self serve from the salad and vegetable counters and also take their choice of dessert.

**In addition for 30p:
Soup at morning break
Monday to Thursday;
Fairtrade Hot Chocolate on
Friday
Milk Shakes available every
lunch.**

MONDAY
Today's Special

**Cheese and Tomato Pasta Bake
with Crusty Bread**

Choice of four vegetables or Salad Bar

Jacket Potato with various fillings

Selection of Wraps

Homemade Fruit Flapjack and Custard
or Homemade Fresh Fruit Salad or Yoghurt

TUESDAY
Today's Special

**Quorn Sausage with Yorkshire Pudding
and Sweet Potato Mash**

Choice of four vegetables or Salad Bar

Jacket Potato with various fillings

Selection of Wraps

Homemade Madeline Sponge and Custard
or Homemade Fresh Fruit Salad or Yoghurt.

WEDNESDAY
Today's Special

**Quorn Roast with Stuffing and Roast
Potatoes**

Choice of four vegetables or Salad Bar

Jacket Potato with various fillings

Selection of Wraps

Ice Cream Roll and Fruit or Homemade
Fresh Fruit Salad or Yoghurt.

THURSDAY
Today's Special

**Quorn Bolognese with Spaghetti
and Garlic Bread**

Choice of four vegetables or Salad Bar

Jacket Potato with various fillings

Selection of Wraps

Homemade Chocolate Crackle and Custard
or Homemade Fresh Fruit Salad or Yoghurt.

FRIDAY
Today's Special

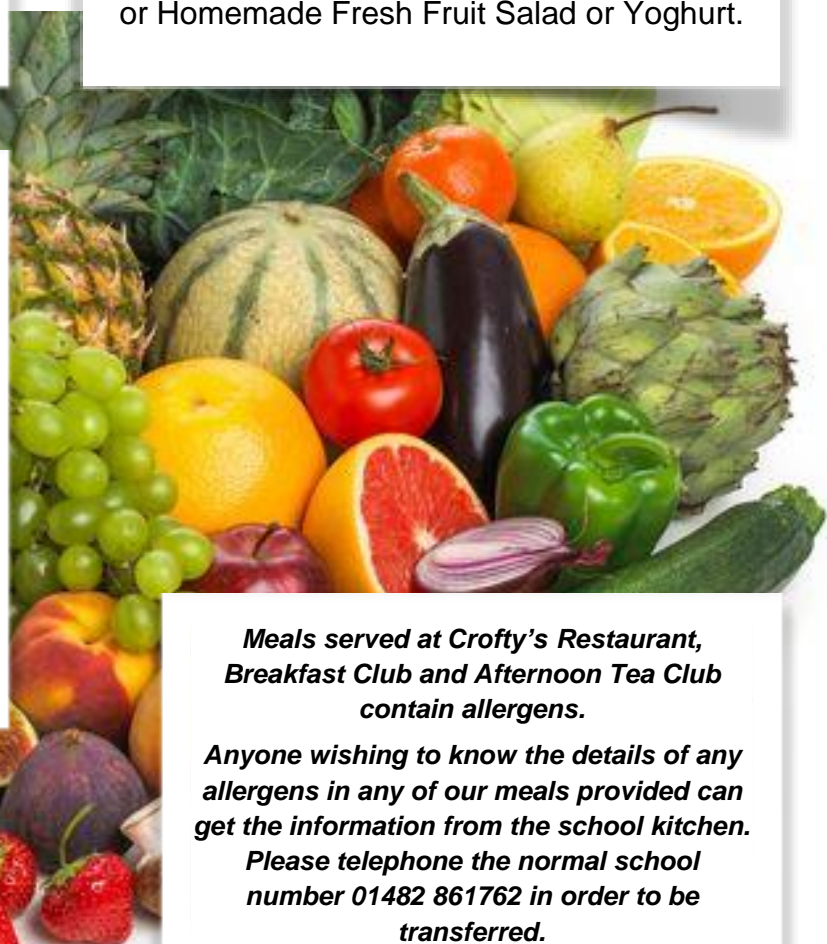
Vegetable Nuggets and Chips

Choice of four vegetables or Salad Bar

Jacket Potato with various fillings

Selection of Wraps

Homemade Iced Sponge Cake or
Homemade Fresh Fruit Salad or Yoghurt.



**Meals served at Crofty's Restaurant,
Breakfast Club and Afternoon Tea Club
contain allergens.**

**Anyone wishing to know the details of any
allergens in any of our meals provided can
get the information from the school kitchen.
Please telephone the normal school
number 01482 861762 in order to be
transferred.**