

Week Commencing 27th March 2023

MONDAY Today's Special

**Quorn Sausage, Yorkshire Pudding
And Mashed Potatoes**

Choice of four vegetables or Salad Bar

Jacket Potato with various fillings

Selection of Wraps

Blueberry Sponge and Custard
or Homemade Fresh Fruit Salad or Yoghurt

TUESDAY Today's Special

Vegetable Korma with Rice

Choice of four vegetables or Salad Bar

Jacket Potato with various fillings

Selection of Wraps

Shortcake and Custard
or Homemade Fresh Fruit Salad or Yoghurt

WEDNESDAY Today's Special

Vegetable Fingers and Chips

Choice of four vegetables or Salad Bar

Jacket Potato with various fillings

Selection of Wraps

Chocolate Sponge and Custard or
Homemade Fresh Fruit Salad or Yoghurt

THURSDAY Today's Special

Quorn Bolognese and Garlic Bread

Choice of four vegetables or Salad Bar

Jacket Potato with various fillings

Selection of Wraps

Strawberry Mousse or Homemade Fresh
Fruit Salad or Yoghurt

FRIDAY Today's Special **EASTER LUNCH**

**Quorn Roast, Stuffing and Roast
Potatoes**

Choice of four vegetables or Salad Bar

NO WRAPS OR JACKET POTATO

Chocolate Easter Nest
or Homemade Fresh Fruit Salad or Yoghurt

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

We follow good hygiene practices in our kitchen; however, whilst a dish may not identify a specific allergen as an actual ingredient, due to the wide range of ingredients used in our kitchen, foods may be at risk of cross contamination by other ingredients. 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.

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



School Meals are Excellent Value.

Our restaurant is open to adult guests at lunchtime. Meals cost £3.75 to be paid online. Numbers will be limited to 12 per day, but it is possible to book in advance. The latest booking is 9:30am each morning and guests should report to the reception at 11:50am. Children will come down to join guests at 11:55am. Please make sure your child(ren) know to come down to the hall. Adult guests cannot join us in the first week of the school year, on sporting tournament days during the Theatre Club week and prior to it or in the last week before the Christmas holiday.

A child's meal costs £2.75. (A full week offer of £11, £8.25 for a four day week.) 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 £2.75 will be accepted in arrears. Dinners should ideally be paid for on line at School Money.***

Meals are advertised on the website and there is usually the salad with two wraps option and the Jacket Potato with a range of fillings. Children can self-serve salad, vegetables and fruit salad and can have second portions. Year 5&6 pupils may have a larger portion of the advertised main hot meal.

* 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 WAS A SUCCESS

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