



# CROFTY'S MENU



Week Commencing 6<sup>th</sup> November 2023

## **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

Chocolate Sponge and Custard or  
Homemade Fresh Fruit Salad or Yoghurt

## **TUESDAY** Today's Special

### **Savoury Quorn Mince, Mashed Potatoes and Yorkshire Pudding**

Choice of four vegetables or Salad Bar

Jacket Potato with various fillings

Selection of Wraps

Lemon Sponge and Custard or  
Homemade Fresh Fruit Salad or Yoghurt

## **WEDNESDAY** Today's Special

### **Quorn Roast with Roast Potatoes**

Choice of four vegetables or Salad Bar

Jacket Potato with various fillings

Selection of Wraps

Steamed Syrup Sponge and Custard or  
Homemade Fresh Fruit Salad or Yoghurt

## **THURSDAY** Today's Special

### **Fishless Fish Fingers and Chips**

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

## **FRIDAY** Today's Special **DIWALI HINDU BUFFET**

### **Vegetable Masala, Onion Bhaji, Vegetable Samosa, Naan Bread**

Choice of four vegetables or Salad Bar

Jacket Potato with various fillings

Selection of Wraps

Orange & Mango Smoothie 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.

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 9.30 am. on or before the school day\* to reserve a meal. Please bring photo ID with you. Adult meals cost £3.90. A child's meal costs £2.90. (A full week offer of £11.60 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 £2.90 will be accepted in arrears. Money can be paid on line at School Money. 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 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.