

# THE Healthy Option at Crofty's Restaurant VEGETARIAN MENU



THE PRICE OF A HOT SCHOOL MEAL OR SALAD & PUDDING IS £2.00

## 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, pasta or tuna AND one of the potato dishes of the day. In addition children can choose either the hot pudding of the day or the homemade fresh fruit salad. Excellent value for £2.00 and very healthy. (To reserve a salad children must register **S** in a morning)

### OUR MONDAY HEALTHY HOMEMADE VEGETARIAN MEAL

**NOT IN SCHOOL**

**OUR THURSDAY HEALTHY HOMEMADE VEGETARIAN MEAL.** Homemade Vegetarian Meatballs on Tomato Sauce with a visit to the Salad Bar. Choice of Bread. **Choice of four vegetables or salad choice. Plus Fresh Juice of the day. NO LIMIT on vegetable or salad choice.** Homemade Hungarian Chocolate Biscuit or **Home-made Fresh Fruit Salad or Yoghurt.**

### OUR TUESDAY HEALTHY HOMEMADE VEGETARIAN MEAL

Quality Sausages with Mashed Potato and a Choice of Bread. **Choice of four vegetables or salad choice. Plus Fresh Juice of the day. NO LIMIT on vegetable or salad choice.** Homemade Baked Orange Sponge & Custard or **Homemade Fresh Fruit Salad or Yoghurt.**

**OUR FRIDAY HEALTHY HOMEMADE MEAL** Homemade Quorn Fillet with Stuffing and Boiled Potatoes. **Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choice. NO HOT PUDDING.** **Homemade Fresh Fruit Salad or Yoghurt.**

### OUR WEDNESDAY HEALTHY HOMEMADE VEGETARIAN MEAL

Homemade Quorn Korma with Potato Wedges and a choice of Bread. **Choice of four vegetables or salad choice. NO LIMIT on vegetables or salad choice. Plus Fresh Juice of the day.** Homemade Sticky Flapjack & Custard 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 Milk Bar**  
Available and open every lunchtime and morning break to all children for plain or flavoured healthy milk drinks. **Only 25p The WHITE STUFF!**

**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 Tuesday 13th April 2010