

THE PRICE OF A
HOT SCHOOL MEAL
& PUDDING IS
£2.40
Or
FIVE MEALS IN ONE
WEEK FOR £11.00

THE Healthy Option at Crofty's Restaurant



Crofty's Restaurant

Week commencing Monday 20 November 2017

AVAILABLE EVERY DAY!

Children can choose either the pudding of the day or a piece of fruit or Yoghurt. Excellent value for £2.40 and very healthy. Meals served at Crofty's Restaurant contain Allergens. The list of Allergens in any meal is available on request from the Molescroft School Kitchen (Tel: 01482 861762).

MONDAY

OUR HEALTHY HOMEMADE MEAL

Chicken Fillet with BBQ Sauce and Potato Wedges and a Choice Bread.
Choice of four vegetables.
NO LIMIT on vegetables options.
Homemade Jam and Coconut Sponge with Custard or
Piece of Fruit or Yoghurt.

THURSDAY

OUR HEALTHY HOMEMADE MEAL

Roast Ham with Stuffing and Roast Potatoes and a Choice of Bread.
Choice of four vegetables.
NO LIMIT on vegetables.
Selection of Cold Desserts or **Piece of Fruit or Yoghurt.**

TUESDAY

OUR HEALTHY HOMEMADE MEAL

Beef Casserole with Yorkshire Pudding and Boiled Potatoes and a Choice of Bread. **Choice of four vegetables.**
NO LIMIT on vegetables.
Strawberry Mousse or
Piece of Fruit or Yoghurt.

FRIDAY

OUR HEALTHY HOMEMADE MEAL

Fish Fillet and Chips and a Choice of Bread.
Choice of four vegetables.
NO LIMIT on vegetables.
Homemade Flapjack or **Piece of Fruit or Yoghurt.**

WEDNESDAY

OUR HEALTHY HOMEMADE MEAL

Chicken Fajita with Rice and a Choice of Bread.
Choice of four vegetables.
NO LIMIT on vegetables.
Homemade Chocolate Brownie or **Piece of Fruit 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.

GUARANTEED Home Cooked and healthy meals **EVERY DAY.** Guaranteed **FREE CHOICE** of Vegetables **EVERY DAY.** School Meals have NEVER been so good for your children and so **HEALTHY.** Please support YOUR school's meals.