

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 27 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

Sausage with Yorkshire Pudding and Boiled Potatoes and a Choice Bread.  
**Choice of four vegetables.**  
**NO LIMIT on vegetables options.**  
Homemade Syrup Sponge with Custard  
or  
Piece of Fruit  
or Yoghurt.

### THURSDAY

#### OUR HEALTHY HOMEMADE MEAL

St Andrew's Day  
Salmon Bites with Crispy Diced Potatoes and a Choice of Bread.  
**Choice of four vegetables.**  
**NO LIMIT on vegetables.**  
Homemade Scottish Shortbread  
or Piece of Fruit  
or Yoghurt.

### TUESDAY

#### OUR HEALTHY HOMEMADE MEAL

Pasta Bolognese with Crusty Bread.  
**Choice of four vegetables.**  
**NO LIMIT on vegetables.**  
Homemade Chocolate Crunch and Pink Sauce  
or  
Piece of Fruit  
or Yoghurt.

### FRIDAY

#### OUR HEALTHY HOMEMADE MEAL

Margherita Pizza with Chips and Beans and a Choice of Bread.  
**Choice of four vegetables.**  
**NO LIMIT on vegetables.**  
Selection of Cold Desserts  
or Piece of Fruit  
or Yoghurt.

### WEDNESDAY

#### OUR HEALTHY HOMEMADE MEAL

Roast Chicken Fillet with Stuffing and Herby Potatoes and a Choice of Bread.  
**Choice of four vegetables.**  
**NO LIMIT on vegetables.**  
Homemade Tutti Fruity Cake  
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.