



St John's C.E. Primary School

FABS Menu



Week 1

DAY	BREAKFAST	AFTERSCHOOL
Monday	Cereal and Toast	Carrot and Potato Mini Waffles and Baked Beans or Spaghetti Hoops
Tuesday	Cereal and Toast	Pork Sausage or Vegetarian Sausage in Finger Roll with Pepper and Cucumber Sticks
Wednesday	Cereal and Toast	Pasta with Chunky Veg Sauce
Thursday	Cereal and Toast	Choice of Sandwich with Cucumber and Pepper Sticks
Friday	Cereal and Toast	Chicken Burger Friday treat

Week 2

DAY	BREAKFAST	AFTERSCHOOL
Monday	Cereal and Toast	Beans or Spaghetti Hoops on Toast
Tuesday	Cereal and Toast	Pasta and Chunky Veg Sauce
Wednesday	Cereal and Toast	Ham , Cheese or Tuna Sandwich with Cucumber and Pepper Sticks
Thursday	Cereal and Toast	Pizza with Cucumber and Mixed Pepper Sticks
Friday	Cereal and Toast	Hot Dog in Finger Roll Friday treat

Week 3

DAY	BREAKFAST	AFTERSCHOOL
Monday	Cereal and Toast	Fish Fingers or Veggie Fingers and Spaghetti Hoops
Tuesday	Cereal and Toast	Pasta and Chunky Veg Tomato Sauce
Wednesday	Cereal and Toast	Choice of Sandwich with Cucumber and Pepper Sticks
Thursday	Cereal and Toast	Cheesy Garlic Bread and Vegetable Sticks
Friday	Cereal and Toast	Sausage Roll Friday treat

All food is freshly cooked on the premises each day and healthy options are available with every meal.

Fresh carrot, cucumber and pepper sticks or salad can be added to any meal.

Wholegrain cereal choices available every day with semi-skimmed milk. Toast is brown bread only with low fat spread.

Fresh fruit, carrots and cucumber and low fat yoghurt are available every day for extra snack options.