



# St John's C.E. Primary School

## FABS Menu



### Week 1

DAY	BREAKFAST	AFTERSCHOOL
Monday	Cereal and toast, porridge	Baked beans or spaghetti hoops served with hot toast
Tuesday	Cereal and toast, porridge	Sausage or vegetarian sausage served with seasoned noodles
Wednesday	Cereal and toast, porridge	Vegetarian mince bolognese served with pasta
Thursday	Cereal and toast, porridge	Fish finger muffin with veg sticks
Friday	Cereal and toast, porridge	Sausage roll served with potato pops

### Week 2

DAY	BREAKFAST	AFTERSCHOOL
Monday	Cereal and toast, porridge	Beef burger or veggie burger on a burger bun
Tuesday	Cereal and toast, porridge	Pasta shells served with chunky veg sauce
Wednesday	Cereal and toast, porridge	Spaghetti hoops served with hot naan bread
Thursday	Cereal and toast, porridge	Choice of pepperoni or cheese & tomato pizza
Friday	Cereal and toast, porridge	Hot dog in a finger roll

### Week 3

DAY	BREAKFAST	AFTERSCHOOL
Monday	Cereal and toast, porridge	Fish fingers or served spaghetti hoops
Tuesday	Cereal and toast, porridge	Halal chicken strips with smiley faces
Wednesday	Cereal and toast, porridge	Sausage or veg sausage served with a finger roll
Thursday	Cereal and toast, porridge	Cheesy garlic bread
Friday	Cereal and toast, porridge	Mini pizza

All meals are freshly prepared on-site each day, with healthy options available at every mealtime.

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

Wholegrain cereals are offered daily, served with semi-skimmed milk. Toast is made from brown bread only and served with a low-fat spread.

Fresh fruit, carrot sticks, and cucumber are also available daily as an optional extra snack.