



St John's C.E. Primary School

FABS Menu Summer

Week 1

DAY	BREAKFAST	AFTERSCHOOL
Monday	Cereal, toast or fruit	3 fish fingers on a sandwich thin with pepper sticks
Tuesday	Cereal, toast or fruit	Pasta with chunky veg tomato sauce
Wednesday	Cereal, toast or fruit	Hot chicken wrap or vegetarian chicken wrap with cucumber and lettuce
Thursday	Cereal, toast or fruit	Pork sausage or vegetarian sausages on a finger roll with salad
Friday	Cereal, toast or fruit	Mini pizza

Week 2

DAY	BREAKFAST	AFTERSCHOOL
Monday	Cereal, toast, fruit	Chicken burger and salad
Tuesday	Cereal, toast, fruit	Pork sausage or vegetarian sausage and seasoned noodles
Wednesday	Cereal, toast, fruit	Hot chicken wraps or vegetarian chicken wraps with cucumber and lettuce
Thursday	Cereal, toast, fruit	Pizza
Friday	Cereal, toast, fruit	Hot Dog in finger roll

Week 3

DAY	BREAKFAST	AFTERSCHOOL
Monday	Cereal, toast, fruit	Pizza with pepper sticks
Tuesday	Cereal, toast, fruit	Fish finger sandwich with carrot sticks
Wednesday	Cereal, toast, fruit	Hot chicken wraps or vegetarian chicken wraps with cucumber and lettuce
Thursday	Cereal, toast, fruit	Choice of sandwich with cucumber sticks
Friday	Cereal, toast, fruit	Sausage roll

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

Fresh cucumber and lettuce is available with every meal.

Wholegrain cereal choices available every day with semi-skimmed milk.

Toast is brown bread only with low fat spread.

Fresh fruit is available every day for extra snack options.