



PACKED LUNCHES

The school endeavours to promote healthy eating habits, which will have a good effect in later life.

If your child has a packed lunch we would like to suggest a choice from the following range of foods would be appetising and healthy:-

- A round of sandwiches (try brown or multigrain bread) **cut into four or shapes** using cake/pastry cutters
- Pasta salad
- Raw vegetable sticks – carrot, celery, cucumber, mini tomatoes
- A **small** piece of fruit – banana/apple/pear/ peeled orange
- A few raisins or other dried fruit
- Cubes of cheese (cheaper than Cheese Strings)
- A mini yoghurt/fromage frais
- **Occasionally** a small bag of low fat/low salt crisps or savoury biscuits **or a healthier alternative could be popcorn**
- A drink – low sugar diluted fruit juice/milk/water – ideally in a plastic bottle that can be re-used (cartons often get wasted)
- Soup is allowed in the winter months but not in a vacuum flask
- **Occasionally** a healthy muffin

TOP TIP!

Pre-packed items such as Lunchables are expensive and often get wasted.

The following items are not allowed:-

- Fizzy drinks, cans, glass bottles or vacuum flasks
- Sweets or chocolate bars/cakes
- Nuts and peanut butter

Please do your best to avoid lots of cakes, chocolate biscuits, and sweet sticky food. Occasional treats are fine, or better still save them for home.

Help us to help your child. Thank you.