

PACKED LUNCHES



Packed lunches must be brought into school in a suitable lunch box. They are stored outside the classrooms until lunchtime.

Please do not include nuts of any type, including sesame seeds or nut containing products such as peanut butter or Nutella in sandwiches or cereal bars containing nuts.

This is due to a number of children having severe allergies within the school. Please do not include any fizzy drinks, sweets or chocolate bars. Also, please ensure grapes, cherry tomatoes or any similar fruit are cut in half length-ways to minimise the risk of your child choking.

Please ensure your child has a balanced meal that contains something savoury, such as a sandwich and also a piece of fresh fruit.

A Healthy Lunch Box

<p><u>A Drink</u></p> <p>Water is best to keep your child hydrated.</p> <p>Or provide Milk or Fruit Juice with no added sugar.</p>	<p>includes:</p> 	<p><u>Protein</u></p> <p>Include one portion: e.g. lean meats (chicken or turkey) fish (salmon or tuna) beans, pulses, houmous or egg</p>
		
<p><u>Fruit & Vegetables</u></p> <p>Include a least one portion:</p> <p>e.g. Raw vegetable sticks such as carrots, cucumber or peppers.</p> <p>Quartered cherry tomatoes, grapes or strawberries.</p> <p>A pot of sliced up fruit, berries or fruit</p>	<p><u>Wholegrains & Starchy Foods</u></p> <p>Include a least one portion:</p> <p>Sandwich on wholegrain bread/ wrap/ Pitta/ roll.</p> <p>Pasta or Rice</p> <p>Bagel/ Pancake/ Muffin/ Scone</p>	<p><u>Dairy/Calcium</u></p> <p>Include a least one portion:</p> <p>e.g. cheese strips or on a sandwich</p> <p>Milk-based puddings such as yoghurt, fromage frais or a small pot of custard</p>

Avoid bringing items that are high in SUGAR, SALT or FAT