

Packed Lunch Guidelines



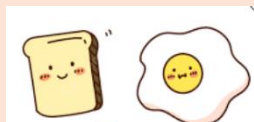
We want our children to enjoy their lunch whether they have school dinners or bring food from home. Below is an example of a healthy, affordable packed lunch that includes food from each of the main food groups. Just follow the steps to ensure that your child has a healthy lunch.

Step 1

Choose your starchy food and a source of protein

Bread, Wrap, Pitta, Bagel, Pasta, Noodles, Chapatti, Rice, Potatoes

Chicken, Turkey, Fish, Eggs, Ham, Tofu



Step 2

Add some salad and/or a side of veggies

Carrot sticks, Sugar snap peas, Pepper sticks, Lettuce, Cucumber, Tomato, Sweetcorn, Celery



Step 3

Choose something sweet...fruit!

Tinned fruit, Apple, Grapes, Kiwi, Banana, Mango, Dried fruit



Step 4

Add a nutritious snack and/or some dairy

Crackers/breadsticks and a dip, yogurt, rice pudding, fromage frais, fruit cake, cheese, custard, fruit bread



Step 5

Water



THIS SCHOOL IS
NUT FREE



Please do not pack the following as they are high in sugar

Fizzy Drinks

Chocolate

Cake and biscuits

Pastry or fried food

