

LUNCH BAGS

We encourage children to learn about a healthy lifestyle and follow healthy eating guidelines. If you choose to provide your child with a packed lunch please read our suggestions for what to put in your child's lunch bag.



A portion of **starchy food** these could include: Bread, rolls, pitta, wraps, plain naan bread, bagels, cooked pasta, rice, noodles, cous cous or potato as a salad.

At least one portion of **fruit and vegetables** which could include: cucumber, pepper strips, tomatoes, grated carrots (no hard sticks), sweetcorn, sliced melon, grapes, strawberries, pineapple chunks. PLEASE ENSURE GRAPES AND ARE CUT INTO QUARTERS LENGTHWAYS TO CHOKING.



vegetable
satsumas,
TOMATOES
PREVENT



A portion of **meat, fish, eggs, beans** or other non-dairy sources of protein which could include: sliced meat, chicken, fish or egg in sandwiches, rolls or wraps. PLEASE ENSURE SAUSAGES ARE CUT LENGTHWAYS TO PREVENT CHOKING.

A portion of **milk or dairy food** which could include: yogurt or fromage frais, cheese in sandwiches or wraps.



plain

- Please do not include **chocolate, cakes, sweets, crisps and popcorn** (a biscuit, a small fruit muffin or a few baked crisps are a better alternative).
- No drinks are necessary we will provide milk or water.
- Lunch bags will be kept in the fridge until lunch time.
- **Please ensure all contents are nut free, chocolate spreads are not permitted as we are unable to assume it is nut free.**

Unfortunately, we cannot accommodate lunch boxes in our fridge, therefore packed lunches need to arrive in disposable packaging. Small boxes for fruit etc are accepted and will be returned at the end of the day.

Finally, please remember to name your child's lunch