



Packed Lunches

Children are welcome to bring a packed lunch to school and of course on school trips.

We are a 'nut free' school. Please support us by ensuring that your child's packed lunch or snacks are 'nut free'. Please read the label on snack products as it is not always easy to spot that they may contain nuts – for instance granola and breakfast bars often contain nuts.

A balanced packed lunch should contain:

- Starchy foods. These are bread, rice, potatoes, pasta and others.
 - Protein foods. These are meat, fish, eggs, beans and others.
 - A dairy item. This could be cheese or yoghurt.
 - Vegetables or salad, and a portion of fruit.
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- Starchy foods are a good source of energy, and should make up a third of the lunchbox. Instead of sandwiches you might like to try your children with bagels, pitta bread, wraps and baguettes. Use brown wholemeal bread instead of white bread, where you can.
 - Children often like food they can eat with their fingers, so chop up raw veggies such as carrots or peppers, and give them houmous or cottage cheese to dip the veggies in. Breadsticks and wholemeal crackers are great finger foods.
 - For something sweet try fresh or dried fruit. Vary the fruit each day and get them to try new things, like kiwi or melon. You could also make up a tasty fruit salad.

There are a few things we do not allow. These are: sweets and chocolate bars, fizzy pop, glass bottles. Be inventive and reward your children when they try something new.

We thank you for your support in this.