



Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day
- meat, fish or another source of non-dairy protein
- a starchy food such as any type of bread, pasta, rice, couscous, noodles or potatoes
- dairy food such as milk, cheese, yoghurt, fromage frais or custard
- water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies



Packed lunches should not include:

- snacks such as crisps which have a high salt and fat content
- confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed, but encourage your child to eat these only as part of a balanced meal

Please note we are a **nut free** school.

