

**A Healthy Packed Lunch**

Thinking about a healthy balanced diet, try something from the groups everyday

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Description automatically generated with medium confidenceUnhealthy snacks such as crisps and chocolate biscuits are strongly discouraged. Chocolate bars and sweets are not allowed at lunchtime. Due to allergies, we do NOT allow any form of nuts.

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**Group 1 – Bread, Grains and Pasta**

Slices of bread . bread rolls/buns . pitta bread . tortilla wraps . pasta . bagels . breadsticks . crackers/cheese biscuits . wholegrain French bread . rice

**Group 2 – Fruit, Vegetables & Salad**

All types of fresh fruit, chopped at home and put into a plastic container. Dried fruit . pineapple chunks . grated apple . sliced grapes . cucumber slices . carrot sticks . peppers

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**Group 3 – Meat, fish, eggs and meat alternatives**

sliced meats . tuna . ham . chicken . pate . hard boiled eggs . soya .

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**Group 4 – Dairy and dairy alternatives**

cheese chunks/grated/sliced . spread cheese . yoghurt . fromage fraise . custard . rice pudding . mayonnaise/salad cream dressing

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**Drinks – Water**

We are a water only school. All children are required to bring in a water bottle every day with UNFLAVOURED WATER only