



Bringing a Packed Lunch to School

A healthy packed lunch gives our brains and bodies fuel to help us learn and play.

Our healthy packed lunch **must not contain nuts.**

Foods that you should include in your packed lunch:	Food that you cannot bring for your packed lunch: (One of these can be brought in as a treat on Friday)
Fruit & Vegetables	Crisps Salted snacks Biscuits Cakes Muffins
Starchy food like: Bread Wraps Roti & Parathas Pasta Noodles Cous Cous Rice	
Dairy foods like: Cheese Yoghurt	
Protein like: Meat Fish Falafel Houmous Eggs	
Cereal bars that don't contain nuts or chocolate	
Food that you cannot bring in your packed lunch at any time:	
Share size chocolate bars Sweets Anything containing nuts Cold fast food e.g.: McDonalds Fizzy drinks Fruit juice	

We provide water to all children at lunch time but you can bring your own bottle of water for your lunch if you want to.