

Suggestions for a Healthy Lunch Box



- At least one portion of fruit and one portion of vegetable a day
- One portion of meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chick peas, hummus). Due to nut allergies in school, we request that you do not use peanut butter/Nutella/Chocolate Spread etc.
- Oily fish such as salmon/mackerel/tuna etc. occasionally
- A starch food such as type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.
- Cereal bars rather than cakes and biscuits
- Dairy food such as milk, cheese, yoghurt, fromage-frais or custard everyday
- Water (drinking water is freely available in the school dinner hall), fruit juice, semi skimmed milk, yoghurt or milk drinks and smoothies to drink. No canned drinks/No fizzy pop

Suggestions for food to include less often in a healthy packed lunch

- Snacks such as crisps
- Meat and Pastry products such as pies and sausage rolls.
- Cakes/Chocolate coated biscuits and wafers.

Suggestions for food not to include in a healthy packed lunch

- Confectionery such as chocolate bars and sweets.
- Nut or Nut products (peanut butter, Nutella etc) - because of the danger to other children with allergies.
- Fizzy drinks/Energy Drinks/High Sugar Drinks

