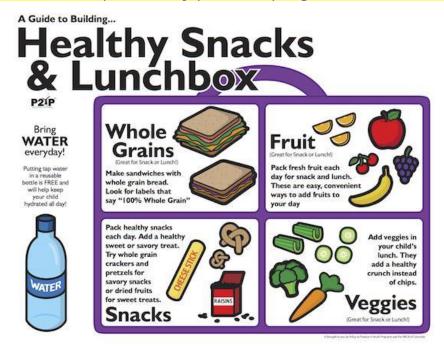


## **Healthier school packed lunch boxes**

Pick a healthier packed lunch! We've got loads of tasty and easy to prepare ideas that everyone can enjoy - and they're great value too.



## Packed lunches or school dinners?

These days, school dinners are probably healthier than most packed lunches. But if you want to make a packed lunch, then please choose healthy options. On the next page, we have given you a few ideas.

Here is a list of items which are **NOT** allowed in a packed lunch:

Nuts – we are a nut-free school
Glass bottles or bowls

Water Only – NO fizzy or sugary drinks (including juices, sweetened or unsweetened)
Chocolates
Sweets
Hot food or drinks
Cutlery (school will provide)

Allergy Information: If your child has any dietary requirements including food allergies and you have not informed the School, please do so urgently.

## Packed lunch ideas

Tuna and sweetcorn wholemeal roll

Reduced-fat cheese triangle

Satsuma

Bottle of water

Edam cheese, ham and lettuce pitta pocket
Tomato
Nectarine
Olives
Reduced-fat yoghurt drink

Egg and tomato roll
Two oatcakes and low-fat cheese
Carrot sticks
Dried apricots
Semi-skimmed milk

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Potato and sausage salad (with spring onion, low-fat plain yogurt)
Fruit and low-fat fromage frais
Slices of fruit bread
Pear
Bottle of water

Corned beef sandwich on wholemeal bread
Low-fat soft cheese with vegetable dippers (cucumber sticks, red and green pepper strips)
Banana
Yoghurt drink

Banana sandwich with whole meal bread
Boiled egg
Low-fat fruit yoghurt
Small box of raisins
Semi-skimmed milk

Cold pasta and sausage salad (with spring onion and red pepper)

Stewed apple and blackberry with crumble top Reduced-fat natural yoghurt

Bottle of water

Houmous, red pepper and grated carrot wrap
Grapes
Creamed rice pot
Slices of malt loaf
Bottle of water



Wholemeal English muffin pizza
(with cheese, cherry tomatoes and
spinach)
Nectarine
Banana and blueberry smoothie
(made with semi-skimmed milk)

