



Please can you ensure that your child's packed lunch is filled with healthy, nutritious food. A healthy meal is important because it will help children to:

- Be fitter and healthier now and later in life.
- Learn more quickly and show positive behaviours.
- Maintain a healthy mental health, leading to a happier life.

You can find the full 'Packed Lunch Policy' on the website.



Packed lunches should include:

- One portion of pasta salad, sandwich, bread roll or pitta bread.
- Cooked meat or boiled egg as a filling in a sandwich.
- One portion of fruit and vegetables e.g. carrot/cucumber sticks, cherry tomatoes, apple, banana etc.
- One portion of yoghurt or cheese.
- Water only.

Examples of a good packed lunch

Example 1-

Ham/cheese/egg/chicken/tuna/turkey sandwich
Yoghurt
Fruit



Example 2-

Pasta pot
Cheese square
Carrot sticks
Cereal bar
Pitta bread with filling



Below are some websites to help you provide your children with a healthy lunch.

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

<https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>

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