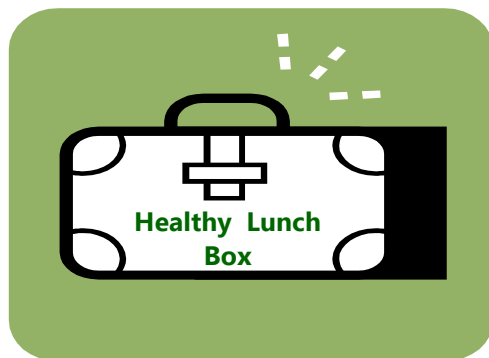


Healthy Lunch Box



USE THIS SHEET AS A GUIDE ...SELECT
ONE ITEM FROM EACH
COLUMN TO MAKE UP A FUN, HEALTHY
PACKED LUNCH

Sandwiches	Fruit & Veg	Dairy Products	Healthy Treats	Drinks
<p>Wholemeal bread is the most healthy. If your child will not eat it, try '50/50', or one slice of each!</p> <p>Mini pitta pockets, bagels, ciabatta or tortilla wraps are also a good alternative.</p> <p>VARY THE FILLINGS EACH DAY:</p> <p>Cold sausages Ham & cucumber Egg mayonnaise Cream cheese with cucumber or ham Tuna mayonnaise & cucumber Lettuce & grated cheese Marmite & grated cheese Roast chicken or turkey with salad Cheese & tomato Tinned salmon</p> <p><u>NO NUT PRODUCTS PLEASE</u></p>	<p>Help your child by preparing fruit & put it in a small bag or pot. Mix fruits together to make a fruit salad.</p> <p>Dried fruit such as raisins, apricots, prunes etc. Cherry tomatoes Apple Grapes Carrot sticks Olives Strawberries Banana Kiwi Orange, Satsuma, Mandarins Raspberries Pear Pineapple chunks Melon pieces</p> <p>NB : Fruit Winders or similar are <u>NOT ACCEPTABLE</u> for school packed lunches</p>	<p>These products are affected by heat. Always include cold packs. Yoghurts can be placed in lunch box frozen and act as a cold pack!</p> <p>*Please make sure you also pack a spoon for your child to eat their yoghurt with.</p> <p>Mini cheeses e.g. Babybel, cheese triangles Milkshakes Fromage Frais Cream cheese with breadsticks Yoghurts (don't forget the spoon!) Yoghurt drinks Mousse (Chocolate flavour is acceptable)</p>	<p>The following treats are acceptable as part of a packed lunch:</p> <p>Flapjacks Popcorn Muesli bars Tracker bars Small chocolate coated biscuit</p> <p>The following are <u>NOT ACCEPTABLE</u> for school packed lunches:</p> <p>Chocolate Sweets Milky Stars/Buttons Mars Milky Way Kinder Eggs /Hippos Winders of any variety</p>	<p>Please remember to either provide a small bottle of water in your child's lunch box, alternatively water will be provided on the lunch table. (The water bottle you provide for use in the class, will stay in the classroom.)</p> <p>Fizzy Drinks are <u>NOT ACCEPTABLE</u> for school packed lunches:</p>