

Ideas for packed lunches

Cheese and sweetcorn brown bread sandwich
Fresh fruit salad
Low fat yoghurt
Carton of fresh fruit juice



Vegan ham and tomato baguette
A portion of grapes
Strawberry Fromage Frais
Bottle of plain water

Cheese savoury tortilla wrap
Small portion of mixed salad
Banana
Fruit slice/fruit muffin
Carton of semi-skimmed milk



Tofu mayonnaise and salad filled pitta bread
Carrot sticks and raisins
Crackers with low fat cheese
(Edam, mozzarella, cottage)
Bottle of plain water

- Various types of bread used e.g. brown, wholemeal, pitta, tortilla wraps.
- Homemade pasta and rice salads can be a refreshing change.
- Try to include fruit and chopped raw veg or salad in every lunchbox e.g. carrot sticks, cherry tomatoes, raisins, or fresh fruit salad (in juice not syrup)
- Yoghurt, fromage frais are popular choices, choose low fat varieties.
- Scones, pancakes, fruit loaf or cakes are a healthier alternative to sweets, chocolate bars and biscuits. All must be egg free.
- No confectionery, chocolate or chocolate coated products are allowed at school.
- Water, semi-skimmed milk and pure fruit juice are popular, healthy options.
- Try to avoid sugary drinks in lunchboxes.

Ideas for packed lunches (Punjabi)

- Saag, Bhindi, Baingan Bhartha
- Rajma /Rajma Chawal
- Dal (various)
- Paneer /Palak Paneer
- Aloo Palak /Aloo Gajar /Aloo Gobi/Aloo Matar
- Karela Subzi, Karhi Chawal, Dal Khichdi
- Tofu Purji



You can have the following vegetable dishes with bread, chapatti, wrap, rice or with salad in a pitta bread.

Atam Academy



Healthy Snack and Lunch Guidelines

We are strictly a meat, fish and egg free school. We strive to be a nut free school.

We follow 'The School Food Standards' which is based on the Government's Guidelines for a Healthy Diet, Jan 2015. They aim to:

- Help children develop health eating habits;
- Ensure they get the energy and nutrition they need across the whole school day;
- Provide a wide range of foods across the week;
- Serve cooked food that looks good and tastes delicious; and
- Serve the food in a pleasant environment where they can eat with their friends.
- All school menus follow the standards. Packed lunches should contain a mix of foods, with the same balance as set out in the standards.

Want to know more about healthy eating, nutrition and diet at school?
Visit www.schoolfoodplan.com and read the 'School Food Standards: A practical guide for schools their cooks and caterers'.

Ideas for morning snacks

KS1 are given a snack every day. KS2 children can bring in snacks to eat in morning break, for example a pot of dried fruit. They can include vegetables and fruit with no added salt, sugar or fat.

The children should not eat snacks that come in packaging due to the ambiguity of what constitutes 'healthy', this includes cereal bars and fruit replacement packs. Children are **not** permitted to eat crisps, sweets or chocolate bars.

Healthy Snack and Lunch Guidelines

Starchy foods

One or more portions of food from this group every day.
Three or more different starchy foods each week.
One or more wholegrain varieties of starchy food each week.
Starchy food cooked in fat or oil no more than two days each week. Bread - with no added fat or oil - must be available every day (school dinners).



Fruit and vegetables



One or more portions of vegetables or salad as an accompaniment every day.
One or more portions of fruit every day.
A dessert containing at least 50% fruit two or more times each week.
At least three different fruits and three different vegetables each week.

Beans, lentils, pulses and other non-dairy sources of protein

For vegetarians, a portion of non-dairy protein on three or more days each week.



Tofu, tempeh, and edamame originate from soybeans.
Amaranth and quinoa grains.
Vegetables with the most protein include broccoli, spinach, asparagus, artichokes, potatoes, sweet potatoes and brussel sprouts.

Milk and dairy

A portion of food from this group every day.



Foods high in fat, sugar and salt

No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week.
No more than two portions of food which include pastry each week.
No snacks, except vegetables and fruit with no added salt, sugar or fat.
Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food.
No confectionery, chocolate or chocolate coated products. Strictly no Nutella.

Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery or eggs. Salt must not be available to add to food after it has been cooked. Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful.



Healthier drinks

Free, fresh drinking water at all times.

The only drinks permitted are:

- Plain water (still or carbonated)
- Lower fat milk or lactose reduced milk
- Fruit or vegetable juice (max 150mls)
- Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
- Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
- Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey

Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, and no more than 150mls of fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice.



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