

# Packed Lunch Policy

Your packed lunch **should** include one portion of:

Fruit



Vegetables



Meat, egg,  
beans or fish



Starchy food e.g.,  
sandwich, rice or pasta



Milk, yoghurt  
or cheese



Your packed lunch **should not** include these foods:

Crisps & other  
high fat snacks



Chocolate, sweets



Pastry/ fried foods



Nuts



Soft Drinks



Treat Friday!

Every Friday you may bring one treat in your packed lunch.