

Packed lunch guidance

Food / Drink	What Is Allowed?		What Is Not Allowed?	
<b>Starchy Foods</b> <i>(include some every day)</i>	Sliced Bread or Rolls Wraps or Tortilla Pitta Bread Bagel Bread Stick Malt Loaf Fruit Bread	Rice Cakes Crispbread, Maztos, Oat Cakes Chapatti Naan Potataoes	Rice Pasta Cous Cous Crumpet Plain Scone English Muffin	Danish Pastry French Fries Burgers Chicken nuggets
<b>Fruit and Vegetables</b> <i>(include one portion of each)</i>	Fruit - fresh, frozen, tinned or dried Raw vegetables / vegetable sticks, salad		Dried fruit and fruit bars, strings or winders with added sugar and fat	
<b>Milk &amp; Dairy</b> <i>(include one item every day)</i>	Yoghurts (natural or fruit) Cheese or Cheese Spread Calcium Fortified Soya Milks	Fromage Frais Rice Pudding	Yoghurt with Confectionary Corners (e.g. Chocolate, Toffee and Crumble) Flavoured Yoghurts (e.g. toffee)	
<b>Meat, Fish &amp; Alternatives</b> <i>(include some every day)</i>	Lean Meat Quorn Vegetarian Sausages Eggs Tinned or Cooked Fish <i>(e.g. Tuna, Sardines)</i>	Hummus Lentils Tofu Falafel Kidney Beans Chickpeas	Breaded Meat (e.g. nuggets) Salami Peperami sticks Sausage rolls Bacon Processed ham and cheese meals	Scotch eggs Sausages/Cocktail sausages Pate
<b>Extras</b>	Crumpets Plain Unsweetened Popcorn Cheese Cubes with Raisins Plain Melba Toast or Ryvita (add topping)	Fruit Smoothie Hot Cross Bun Fruit Bagel Teacake	Crisps or Mini Cheddars Foods Containing Chocolate Flavoured Crackers (e.g. Snack-a Jacks, Ryvita Minis)	Cereal Bars Chocolate Mousse or Trifle Jelly Cakes
<b>Drinks</b>	Water 100% Pure Fruit Juice		Juice Drinks (Ribena, Capri Suns, Fruit Shoots) Artificially-Sweetened 'Low Sugar' Drinks Fizzy Drinks	
<b>Sandwich Fillings</b>	Lean meat (e.g. chicken, ham or turkey) Fresh or tinned fish or shellfish (e.g. tuna or prawns) Cheese or cheese spread Houmous <i>With</i> Salad (e.g. cucumber, tomato, lettuce, avocado, pepper, grated carrot, sweetcorn, spinach) Coleslaw		Chocolate Spread Jam Peanut butter	