







Packed Lunch Policy

Your child's 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 child's packed lunch **should not** include these foods:

| Crisps & other high fat snacks | Chocolate Bars, Sweets, Cakes | Pastry/ Fried Foods | Nuts | Hot Food | Soft Drinks |
|---|---|--|---|---|---|
|  |  |  |  |  |  |