








St Bartholomew's C of E Primary School pack lunch guidance

Your child's pack lunch **SHOULD** include

	<p>At least one portion of fruit and one portion of vegetables</p>	<p>Include everyday</p>
	<p>Meat, fish or other source of non-dairy protein. (EG lentils, hummus and chickpeas)</p>	<p>Choose one option each day, try to vary these.</p>
	<p>A food such as any type of bread, pasta, rice, couscous or potatoes.</p>	<p>Include everyday</p>
	<p>Dairy food such as milk, cheese, yoghurt, fromage frais or custard.</p>	<p>Include everyday</p>

Your child's pack lunch **SHOULD NOT INCLUDE MORE THAN ONE** portion of

	<p>Meat products such as sausage rolls, pies, processed chicken and sausages.</p>	<p>Include occasionally</p>
	<p>Snacks such as crisps or cheddars.</p>	<p>Include occasionally</p>
	<p>Biscuit / cake / cereal bar.</p>	<p>Include occasionally</p>

Your child's pack lunch **MUST NOT** include

(These items will be returned home in your child's pack lunch)

	Nuts – including peanut butter or Nutella/other chocolate spreads - <u>due to the life threatening risk to children with allergies.</u>	
	Confectionary such as sweets and chocolate bars.	
	Drinks other than water or sugar free juice.	
	Cold take away food.	