

Guidelines for Packed Lunches

<u>Foods to provide</u>	<u>Examples of foods that could be provided</u>
<p style="text-align: center;"><u>A portion of starchy food</u></p> <p>Provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week</p>	<p>White or wholegrain bread, rolls. Pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato.</p>
<p style="text-align: center;"><u>At least one portion of fruit and/or vegetables</u></p> <p>Provide a variety of different fruit and vegetables each week</p>	<p>Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated veg in sandwiches or wraps. Fresh fruit such as sliced apple, banana, grapes (chopped for toddlers), mixed chopped fruit. Dried fruit such as raisins or apricots. Fruit juice (diluted half juice half water)</p>
<p style="text-align: center;"><u>A portion of meat, fish, eggs, beans, or other, non-dairy sources of protein</u></p> <p>Provide a variety of different foods each week</p>	<p>Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils as part of bean in salads.</p>
<p style="text-align: center;"><u>A portion of milk or dairy food</u></p> <p>Can be included as part of lunch and/or tea</p>	<p>A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps Whole milk (for children aged one or two) or semi-skimmed milk (for children two and over) to drink.</p>
<p style="text-align: center;"><u>Desserts, cakes, biscuits and crisps</u></p>	<p>Desserts, cakes and biscuits made with cereals, milk or fruit. Avoid salty snacks such as crisps. Limit confectionery such as chocolate chips or hundreds and thousands, and use only as part of cakes or desserts.</p>
<p style="text-align: center;"><u>A drink</u></p>	<p>Fruit juice (diluted half juice, half water). Whole milk (for children aged one or two) or semi-skimmed milk (for children two and over) to drink.</p>

***Chart above as advised by Children's Food Trust 2014**

Packed lunches should not include:

Snacks such as crisps. (Instead, include seeds, vegetables and fruit - with no added salt, sugar or fat - savoury crackers or breadsticks served with fruit, vegetables or dairy food) Please avoid nuts to protect children who may have a nut allergy.

Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. (Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.)

The school have a supply of milk and water available to children at all times.

Here are some packed lunch ideas

- **Tuna mayonnaise sandwich**
- **Rice salad with turkey**
- **Meatballs and mixed salad in a wholemeal pitta**
- **Pasta salad with chicken and vegetables**
- **Sliced beef and mixed salad in a roll**
- **Couscous salad with diced lamb and apricots**
- **Cheddar and coleslaw in a wholemeal pitta**
- **Potato and egg salad**
- **Pork sausage in a bread roll**
- **Beef and beetroot sandwich**
- **Pasta salad with pork and peas**
- **Chilli chicken and red kidney bean tortilla wrap**
- **Carrot and apricot cake**
- **Seeded flapjack**
- **Chocolate bran flake slice**
- **Crème caramel**
- **Fresh fruit salad (kiwi, orange and grapes)**

There are some excellent packed lunch ideas and recipes at:

www.childrensfoodtrust.org/parents/yourchildsfoodatschool/packedlunches

www.sainsburys.co.uk/foodanddrink/healthyeating/mealplanning