



Packed Lunch Policy

- All food items must be contained in a lunch bag or box clearly labelled with your child's name.
- As the children have a good mid-morning snack and the lunch session is half an hour, we recommend not to provide too much food, but a variety of the food groups (protein, carbohydrates, fruit and vegetables, and dairy). Please do not include a drink as we provide milk or water.

Example:

Carbohydrates

- sandwich, filled roll/croissant/wrap, pasta, rice, quiche slice, bread sticks and dip, pizza slice
- biscuit (chocolate coated is fine such as jaffa cake, digestive or rice cake), healthy cake such as banana bread, fruit bread or fairy cake (no icing)

Fruit and vegetables

- cucumber, carrots, cherry tomatoes (cut in half), olives (cut in half), edamame beans, peppers, blueberries, strawberries, raspberries, banana etc...

Dairy

- yoghurt pouches (without a straw), babybell, cheese strings, cubed cheddar, cream cheese
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Protein

- Cocktail sausages must be sliced, chicken, eggs, ham, salami

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WARNING!!!

Please do not include nuts or nut containing products as they pose a major risk to other children with allergies. This includes chocolate spread, pesto and hummus.

Confectionery such as chocolate bars and sweets are not permitted. Grapes, cherry tomatoes, and olives must be cut in half (a recommendation on all Paediatric First Aid Training), as the complete skin represents a choking hazard. Cocktail sausages will need to be sliced.

Do not provide any drinks including smoothies/yoghurts with straws – we provide milk or water.

- Please do not send in any food items that your child cannot open on their own. Reducing wrappings and packaging will help your child to manage their lunch independently, de-clutter the lunch tables and benefit the environment.
- Please include a spoon if your child needs one.
- Refrigeration is not available so please bear this in mind (or enclose an ice pack/gel) when choosing contents.
- We will encourage children to eat what has been provided for them and any food that has not been eaten will be returned in his/her lunch container.

Correspondence