

Packed Lunches

We cook school dinners on site and the children love the variety of meals that are on offer. As a healthy school, we aim to provide the children with a well-balanced meal at lunch time, along with a healthy snack, which is provided by the school at break time.

As a school, we hope parents will encourage their children to try the school lunches. We provide a range of meals, including a main meat meal, vegetarian meal, jacket potatoes or sandwiches. These are all followed with a pudding. Hot dinners can be easily booked online using the parent pay app, where you can pick and choose what your child has for lunch each day.

As all parents and carers are aware, a healthy meal is important because it will help children to:

- Be fitter and healthier now and later in life;
- Learn quicker and show positive behaviours;
- Maintain a healthy mental health, leading to a happier life;
- Maintain good oral health.



Where lunch provided by the school is not possible, a child's pack lunch could include:

- One portion of pasta salad, sandwich, bread roll or pitta bread.
- Cooked meat, cheese or egg as a filling in a sandwich.
- One portion of fruit and vegetables e.g. carrot/cucumber sticks, apple, banana etc.
- One portion of yoghurt or cheese.

Examples of a good packed lunch

Example 1-

Ham/cheese/egg/pasta/tuna sandwich
Yoghurt
Apple/banana/grapes (cut up)
Rice cakes/moat loaf

Example 2-

Pasta pot
Cheese squares
Carrot sticks/Orange/grapes (cut up)
Rice cakes/malt loaf



School kitchens must adhere to very strict nutritional guidelines about what can and cannot be included in school meals. This includes any salt, sugar and saturated fats. This means that although the children will have puddings or cakes for example, these are sourced and cooked in a healthier way and are presented as part of a balanced menu over the week.

Therefore, to clarify our rules for packed lunches, they cannot include any:

- **Nuts (to safeguard those with allergies) this include; nutella, pesto, peanut butter and chocolate spread.**
- **Sweets and chocolate bars**
- **Cakes**