

Guidelines for a packed lunch from home

A child's lunch should be balanced, including some of the following:

- A portion of starchy food, e.g. wholegrain bap/bread, pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)
- A small chocolate biscuit (eg penguin) or piece of cake can be included as part of a balanced lunch.

Parents are asked not to include:

- Sweets/ chocolate bars
- Nuts or any nut products
- Fizzy or sugary drinks

Parents are advised to include an ice pack.

Food products, prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child.

The school cannot take legal responsibility for foods prepared at home and then brought into school.

Reviewed January 2009