

PACKED LUNCHES

Eating well is important.

Children need to eat well as it gives them energy and nutrients to grow, develop, and be healthy and active.

A healthy, enjoyable lunch gives children the energy they need to learn and play at school too.

We understand that many of our children have special diets or are reluctant to eat certain foods, and we accommodate this as much as we can. However, if there are items in your child's packed lunch that other children want (but we do not offer) then it can cause serious issues at lunchtime and we work with you to try and find alternatives.

Due to the dietary needs of our children we are not as prescriptive as mainstream schools (apart from banning nuts) but we do operate a healthy school policy.



- A healthier lunchbox should: be based on starchy carbohydrates (**brown/ wholemeal bread, potatoes, rice, pasta, couscous, chapatti**)
- include **fresh fruit and vegetables/salad**
- include a source of protein such as **beans and pulses, eggs, fish, meat, cheese** (or dairy alternative)
- include a side dish such as a low-fat and lower-sugar **yoghurt** (or dairy alternative), **tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly**
- include a **drink such as water or milk**

The school does NOT ALLOW NUTS, and we do not encourage BISCUITS, CHOCOLATE, SWEETS, FIZZY DRINKS