

Sandwiches etc

- Wraps—chicken, ham, beans, cheese and salad
- Egg
- Salad
- Tuna, sweetcorn, mayonnaise
- Pieces of baguette
- Crackers and cheese
- Rice cakes
- Bread sticks
- Small pots of sandwich fillers
- Home made pizza on pitta bread
- Piece of quiche
- Cheese scone



To help the children eat their lunch in time, please limit to five items including the drink.



Sweet things

- Tinned fruit/ fruit cocktail (in fruit juice)
- Fruit salad
- Fruit shapes/ strings
- Berries and cherries
- Dried fruit e.g. raisins
- Yoghurts (no chocolate in)
- Meringues
- Pots of rice pudding
- Pots of low fat custard
- Cereal bars (no nuts)
- Flap jacks



Savouries

- Hard boiled eggs
- Low fat / baked crisps
- Samosas
- Bhajis
- Chapattis
- Small pots of seeds
- Cheese and pineapple
- Vegetable sticks
- Small pots of sandwich fillers
- Dips
- Small wrapped cheese e.g. baby bel
- Pasta salad
- Potato salad
- Cous cous
- Noodles
- Rice
- Coleslaw
- Falafel
- Soup in a flask

Drinks

- Water
- Yoghurt drinks
- Diluted low sugar squash
- Fruit juice (not every day)
- Smoothies
- Milk
- Milkshakes

For more information, please follow the link to Healthier Lunchbox Recipes:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Please do not include:

- Chocolate/ chocolate spread/ chocolate chips
- Nuts
- Sweets
- Fizzy drinks
- Biscuits (unless home made)
- Cakes (unless home made)