

St Alban's CE Primary School

PACKED LUNCH GUIDELINES FOR PARENTS

We are a nut free school.

Please ensure all food in your child's packed lunch is nut free.



Packed lunches should include:

Fruit and Vegetables: at least one portion of fruit and one portion of vegetables must be included.

Protein: meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and dhal)

Oily fish: such as tinned or fresh mackerel, sardines and salmon, and fresh skipjack tuna (tinned tuna is not counted as an oily fish)

Carbohydrate: starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.

Dairy: food such as milk, cheese, yoghurt, fromage frais, or calcium fortified soya products, reduced fat versions of these should be used where possible. Fruit based pudding such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit based crumble.



Packed lunches should not include any of the following, even on school trips:

Drinks – all children have access to water.

Confectionery such as chocolate bars, chocolate-coated biscuits and sweets.

Chocolate spread as a sandwich filling.

Crisps.

Deep fried food and take-out food.

Cake.