

Priory School Packed Lunch Policy

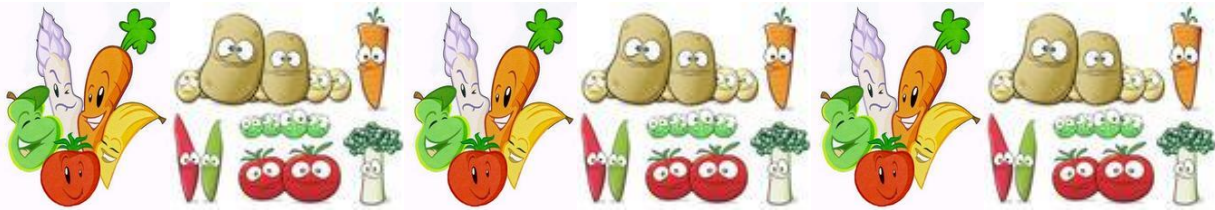


Every day in my lunchbox there should be:

- ✓ **At least ONE portion of fruit - unprocessed**
- ✓ The children love watermelon and orange wedges as part of their school lunch



- ✓ **At least ONE portion of vegetables**
- ✓ Children love carrot and cucumber sticks - We always have a choice of vegetables for school lunch too and hide veg into sauces etc...



- ✓ **A source of protein—meat, fish, egg, lentils, hummus,**
- ✓ School lunch—Children have the option of ham, egg, tuna, cheese as a sandwich filling. We also put pulses into lots of our vegetarian dishes



- ✓ **Oily fish - such as salmon, mackerel, sardines**
- ✓ This is beneficial and recommended at least **every 3 weeks** which is why we have salmon fish fingers, salmon fish pie and salmon parcels on the school menu



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Every day in my lunchbox there should be:

✓ A starchy food

- ✓ Bread, pasta, rice, couscous, crackers, noodles, potatoes.
- ✓ *Where possible we use 50% wholegrain*



✓ A dairy food

- ✓ Milk, cheese, yoghurt, fromage frais, custard—look for low sugar and fat. We have homemade yoghurt daily.



✓ A Drink (low sugar!)

- ✓ Water is the best form of hydration!
- ✓ Free drinking water is available at school

PURE
WATER



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Every day in my lunchbox there should NOT be:

× CRISPS

- × Crisps are high in fat and salt and should be given **occasionally** so save that treat for home. Try swapping for plain popcorn, wholegrain crackers, rice cakes or seeds.



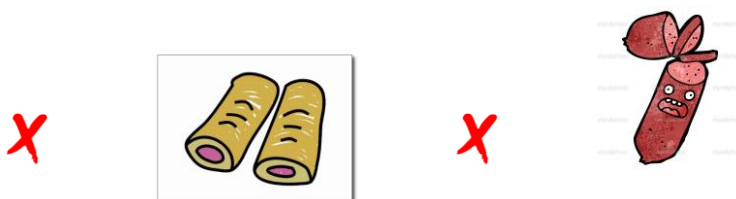
× Confectionary

- × **NO** chocolate bars, chocolate coated biscuits or sweets.
- ✓ Cakes and plain biscuits are allowed as part of a balanced diet. Good snacks are plain popcorn, fruit bread, banana muffin, carrot cake



× Processed meat products

- × Sausage rolls, peperami, and pasties should **only be included on an occasional basis**



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Every day in my lunchbox there should NOT be:

× Fizzy Drinks

× These are banned items from a packed lunch



Try to avoid PROCESSED packaged foods as these contain high levels of FAT, SUGAR and SALT

Watch out for clever marketing and look at the label, some foods contain more sugar than a chocolate bar or a can of coca cola!

