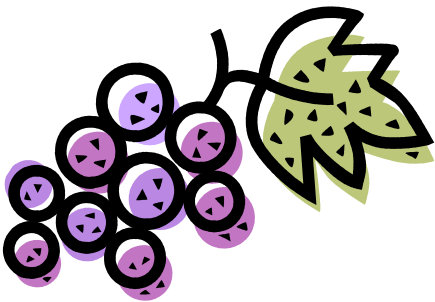
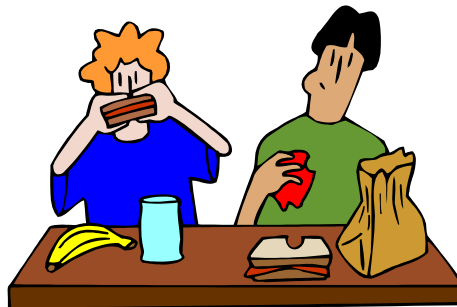
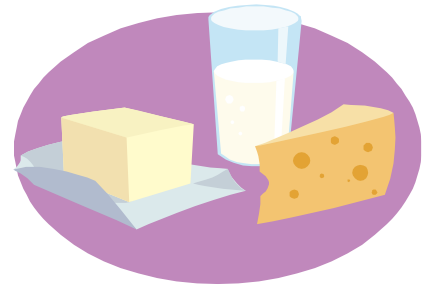


# A Guide To Healthy Packed Meals For Children

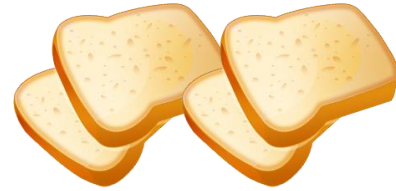


Ideas for meals consumed in school or on school trips

To help support our Healthy Schools Status, below are some suggestions to encourage your child's wellbeing.

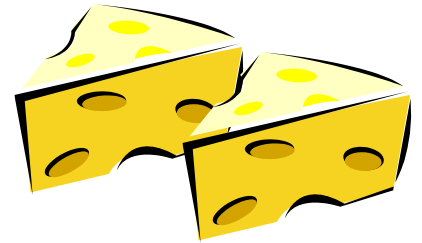
### **Foods for energy;**

- ✓ **White or wholemeal or seeded bread or bread rolls**
- ✓ **Bagel**
- ✓ **Pitta bread**
- ✓ **Tortilla wraps**
- ✓ **Rice, pasta or noodles**
- ✓ **Crackers or crisp bread**
- ✓ **Couscous**



### **Foods for healthy growth;**

- ✓ **Sliced or grated cheese**
- ✓ **Cream cheese or cottage cheese**
- ✓ **Cheese spread or cheese triangles**
- ✓ **Tinned fish**
- ✓ **Fish paste**
- ✓ **Cooked egg**
- ✓ **Hummus**
- ✓ **Wafer thin ham, chicken or turkey**



### **Foods packed with vitamins;**

- ✓ **Lettuce**
- ✓ **Cucumber**
- ✓ **Tomatoes**
- ✓ **Carrots**
- ✓ **Celery**
- ✓ **Peppers**



### **Foods to keep you healthy;**

- ✓ Apples
- ✓ Pears
- ✓ Bananas
- ✓ Satsuma's
- ✓ Grapes
- ✓ Tinned peaches or pineapple
- ✓ Raisins, currants or dried apricot pieces



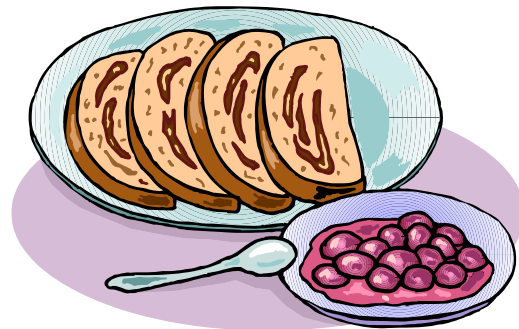
### **Foods for strong bones and teeth;**

- ✓ Hard cheese or cheese triangles
- ✓ Yoghurt
- ✓ Tinned sardines or pilchards
- ✓ Small pot of custard or rice



### **Foods for energy;**

- ✓ Malt loaf
- ✓ Croissants
- ✓ Currant buns
- ✓ Bread sticks
- ✓ Fruit scone
- ✓ Cheesy biscuits
- ✓ A chocolate biscuits (e.g twix, kitkat)



## **Drinks;**

- ✓ Fresh water will be provided for your child at every lunch time and freely throughout the day.
- ✓ When the children are on school trips we suggest they bring bottled water or 100% fruit juice drinks. Fizzy drinks are NOT allowed.

## **Storing lunchboxes;**

Ideally pupils should bring their meal in insulated lunch boxes with freezer blocks to help keep it fresh until lunch time.

## **Some suggestions for lunches.**

### **Savoury;**

Cheese rolls, tuna & sweetcorn in pitta bread, egg sandwich, pasta with grated cheese and ham, turkey & cucumber sandwich, cheese triangle spread on a bagel.

### **Vegetables;**

Carrot sticks, cucumber, peppers, cherry tomatoes, fresh peas.

### **Fruit;**

Grapes, apple, pear, banana, Satsuma, peach, strawberries.

### **Desserts;**

Fruit yoghurt, teacake, malt loaf, mini pancake, pot of custard or rice.