





### 2020/21 Healthy Lunches

Things I am allowed...



sandwich/ wrap/ pitta with a filling

salad

pasta

vegetable sticks



water



fruit



yoghurt or cheese as a snack



Would you like an alternative to packed lunch?

To view the School Dinner menu for this term click



#### Things I am NOT allowed...



confectionary e.g chocolate and sweets



crisps



cakes and biscuits





sugary drinks e.g juice, fizzy drinks, flavoured drinks

Anything that contains nuts.

## A healthy lunchbox in 5 steps

1. Fill up on starchy foods by making a sandwich with bread, pitta or a roll, or make a salad with pasta, potato, couscous, lentils, rice or chickpeas.

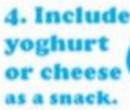


2. Add a piece
of fruit and
add salad to a
sandwich or eat
vegetable sticks as
a snack.

3. Add a little protein to sandwiches or salad.



5. Pack water.









# What are the benefits eating a healthy lunch?



### Here are some useful websites on healthy eating:

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

https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration

### Smart lunchbox snap swaps





Swap these for these



