



Healthy Lunches

2023/24



Things I am allowed...



sandwich/ wrap/ pitta with a filling

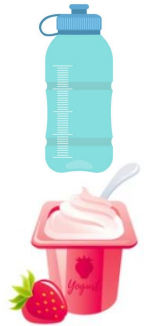
salad

water

pasta

vegetable sticks

yoghurt or
cheese as a
snack



fruit

baked crisps/
rice cakes



Would you like an alternative to packed lunch?

To view the School Dinner menu for this term please visit our website.



Things I am NOT allowed...



confectionary
e.g chocolate
and sweets



fried
crisps



cakes and biscuits
(Friday only- one
treat)



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.



4. Include yoghurt or cheese as a snack.



5. Pack water.



Ealing

www.ealing.gov.uk



Healthy Schools
EALING

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

All healthy snacks cost less than 50p*

