

# Healthy Lunches

We are a NUT FREE school



Things I am allowed...



sandwich/ wrap/ pitta with a filling

salad

water



pasta

yoghurt or  
cheese as a  
snack



vegetable sticks



fruit

baked crisps/  
rice cakes



Things I am NOT allowed...



confectionary  
e.g chocolate  
and sweets



fried  
crisps

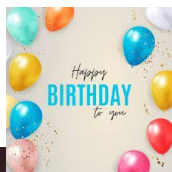


cakes and biscuits  
(Friday only- one  
treat)



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

Anything that contains nuts.



For birthdays, you may wish to bring in a healthy alternative such as fruit.

## Friday treat

Every Friday, you are allowed to have a treat- one cake or biscuit.

All Primary School pupils are allowed to have a FREE SCHOOL MEAL everyday this year. Visit the school website to see the School Dinner Menu.