

School Packed Lunch Guide



A packed lunch can be a good and healthy meal as long as it is balanced. Choose one food from each of these four groups to plan a balanced packed lunch for your child. The School Food Plan is now a legal requirement for all food served in schools and we would like lunches brought into school to follow our 'Healthy Eating' ethos.

Group 1 Carbohydrate foods

Bread – wholemeal, white or brown

Rolls or bagels

Pizza, pitta bread or wraps

Potatoes, rice, pasta or noodles



Group 2 Protein Foods for fillings and toppings

Meat & Fish - beef, lamb, ham, pork, bacon, chicken, turkey, tinned tuna, salmon, mackerel, sardines, pilchards;

Cheese or cheese portion

Eggs, Pulses, kidney beans/chickpeas in a salad



Group 3 Vegetables/Salad and Fruit

In sandwiches – cucumber, tomato, onions, lettuce

Salad or Coleslaw; Vegetables sticks, cherry tomatoes, radishes

Vegetables mixed in with other dishes e.g. in potato or pasta salad

Fresh fruit - apples, satsumas, bananas etc;

Fruit in jelly or small tins; Dried fruit – apricots, dates, apple slices, raisins



Group 4 Milk and Cheese

Yoghurts or fromage frais

Milk puddings e.g. Muller rice or Ambrosia custard

Grated cheese in sandwiches; cheese portion or DairyLea and cheese biscuits



Group 5 Fatty and Sugary Foods – Chocolate, biscuits etc are all extra and are not an essential part of the diet. Try and include food from the above four groups before you use these foods. **Crisps and sweets are not to be sent as part of a packed lunch in line with our policy to encourage healthy eating in school.**

Drinks - Only water or low calorie still squash or pure fruit juice should be sent as the drink with packed lunches.