

Packed lunches



Children may bring a packed lunch. Please provide a suitable container clearly labelled with your child's name. As part of the school's healthy eating approach, we encourage a good mix of healthy foods and regularly advise parents about appropriate contents of packed lunches. We recommend a good proportion of carbohydrates (bread, pasta or rice); plenty of fruit and vegetables and some dairy, meat or fish produce. Crisps, biscuits and cakes should be limited to a couple of times a week. Please do not send in glass bottles, cans, fizzy drinks or confectionary (sweets/chocolate).

Please note that due to the increasing number of children and adults coming to school with serious nut allergies the school has a NO nut policy, this includes peanut butter.