

Ideas for lunchboxes

Sandwiches etc

- Wraps
- Bread sticks
- Rice cakes
- Homemade pizza
- Piece of quiche
- Crackers and cheese
- Pieces of baguette
- Variety of fillings – cheese, salad, egg, tuna, ham



Savouries

- Hard boiled eggs
- Low fat/baked crisps
- Samosas, bhajis
- Cheese and pineapple
- Vegetable sticks
- Dips and pitta bread
- Pasta salad
- Potato salad
- Sausage roll
- Cous cous

Sweet things

- Tinned fruit/fruit cocktail
- Fruit salad
- Fruit strings
- Berries, dried fruits, raisins
- Yoghurts
- Meringues
- Pots of rice pudding or custard
- Flapjacks
- Small cake or chocolate (only 1)
- Jelly



Drinks

- Water
- Yoghurt drinks
- Diluted low sugar squash
- Fruit juice cartons
- Smoothies
- Milk
- Milkshake

To help the children eat their packed lunch in time, please do not overload their lunchboxes. We suggest limiting them to 5 items, including the drink.



Please do not include:

- Nuts or anything containing traces of nuts
- Sweets
- Large chocolate bars
- Numerous packets of crisps
- Fizzy drinks
- Lots of cake and biscuits