

Healthy Lunchbox

Sending your Child to Pre-school with a packed lunch is a great way to ensure they have a balanced and healthy diet that will keep their energy levels up. **Please remember we are a nut free setting (Nuts, Pesto).**

We would like your child's lunchbox to include:

Fresh fruit/ Vegetables



Pasta/ Chopped spaghetti



Cheese

Natural/ Greek Yogurt

Eggs Bread/ wraps/ pitta bread/ Hummus.

Meat/fish (boneless)

Potato

Pulses

Please do not put these items of foods in your child's lunchbox:



Popcorn, Chocolate

Shop brought pouches or packets. No Crisps, Raisins (dried food), Drinks, Sweets, Rice, processed foods such as

pepperami, dunkers, Fromage frais, biscuits, cheddars/ cheese biscuits, fruit bars.

