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PACKED LUNCHES



Healthy Lunchboxes

Here are our guidelines regarding the contents of lunchboxes.
Please try and keep to these as much as possible.

- No fizzy drinks and no sweets.
- No confectionary chocolate bars e.g. Mars Bars or pure chocolate. Biscuit-based chocolate is allowed, e.g. Twix, Penguin, etc. but we suggest fun-size rather than large bars.
- A sandwich/rice/pasta dish/roll or pastry item.
- A piece of fruit, dried fruit or veggie salad items (e.g. carrot sticks).
- A drink.
- Crisps are allowed but please not every day.
- Please do not send too much—one yoghurt and one piece of fruit is plenty.



Allergy Alert: NO NUTS

- **You MUST NOT send any items containing nuts.**
- Nuts can be hidden in surprising places, for example in chocolate spread or cereal bars.
- Be vigilant and make sure you check all ingredients lists carefully.
- Please take this very seriously. If a child or adult with a nut allergy comes into contact with nuts, the health consequences can be severe.

