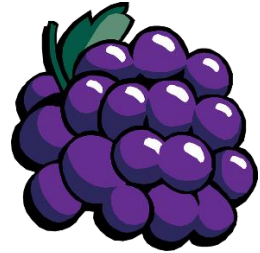
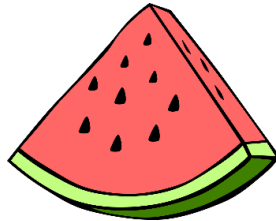


Farley Hill School Packed Lunch Policy

Every day in my lunch box there should be:

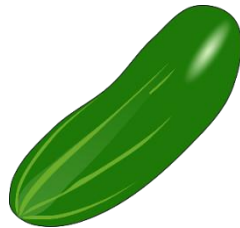
✓ **AT LEAST ONE PORTION OF FRUIT – unprocessed**

- ✓ The children love watermelon and orange wedges as part of their school lunch



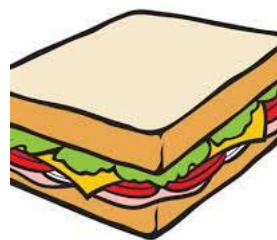
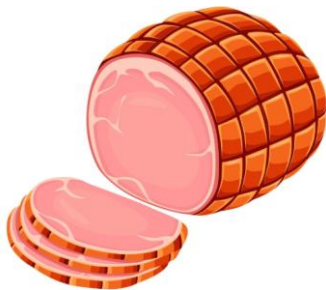
✓ **AT LEAST ONE PORTION OF VEGETABLES**

- ✓ Children love carrot and cucumber sticks – We always have a choice of vegetables for school lunch too and hide veg into sauces etc.



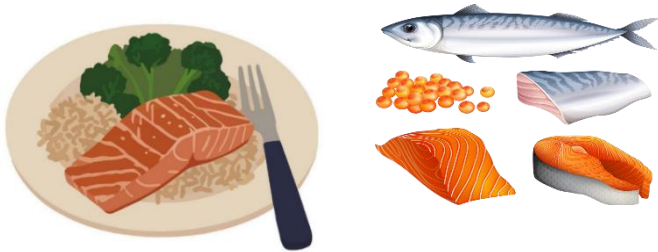
✓ **A SOURCE OF PROTEIN – MEAT, FISH, EGG, LENTILS, HUMMUS**

- ✓ School Lunch – Children have the option of Ham, Tuna or Cheese as a sandwich filling.



✓ **OILY FISH – SUCH AS SALMON, MACKEREL, SARDINES**

- ✓ This is beneficial and recommended at least every three weeks which is why we have salmon fish fingers on the menu.



✓ **A STARCHY FOOD**

- ✓ Bread, Pasta, Rice, Couscous, Crackers, Noodles, Potatoes
✓ Where possible we use wholegrain.



✓ **A DAIRY FOOD**

- ✓ Milk, Cheese, Yoghurt, Fromage Frais, Custard – look for low sugar and fat. We make our own yoghurt and add fresh fruit to it.



✓ **A DRINK (LOW SUGAR !)**

- ✓ Water is the best form of hydration!
✓ Drinking water is available at school.



Farley Hill School Packed Lunch Policy

Every day in my lunch box there should **NOT** be:

× CRISPS

- × Crisps are high in fat and salt and should be given occasionally so save that treat for home. Try swapping for plain popcorn, wholegrain crackers or rice cakes.



× CONFECTIONARY

- × NO chocolate bars, chocolate coated biscuits or sweets.
- ✓ Cakes and plain biscuits are allowed as part of a balanced diet. Good snacks are plain popcorn, fruit bread, banana muffin and carrot cake.



× PROCESSED MEAT PRODUCTS

- ✓ Sausage Rolls, Peperami and Pasties should only be included on an occasional basis.

