

Healthy Packed Lunches

Our school caterers follow strict government guidelines to ensure school meals are healthy. We would like your cooperation in ensuring that packed lunch children bring healthy packed lunches too by following these guidelines:

Healthy lunchboxes will be encouraged as promoted by the 'Food in School' document issued by the DFES on Healthy schools (p 5):

- A good portion of starchy food such as wholegrain bread, pasta or rice
- Plenty of fruit and vegetables
- A portion of dairy food such as yogurt or cheese
- A portion of lean meat, fish, egg or chicken
- A drink such as fruit juice, milk or water
- **Absolutely NO sweets, chocolate or fizzy drinks are allowed in lunchboxes**



Lunchboxes will be monitored and support for parents given as and when required.



Some of our children are allergic to nuts. Therefore no foods containing any form of nuts are to be brought into school (please check packets for a list of ingredients)

Friday Abstinence

The Diocese issued new guidance on the return of Friday Abstinence which began on 16th September 2011

The children having school meals will not be served meat on Fridays. We ask those children on packed lunches also to be given an alternative to meat. For further information please see the guidance on the Diocesan website www.rcdow.org.uk

