



THORPE
PRIMARY ACADEMY

One Community, Growing Together



A great & healthy lunch should include.....

At least ONE portion of fruit – unprocessed

Why not try Watermelon, strawberries, grapes, blueberries, banana. (Children find cut up fruit easier to eat, try putting it in a pot)



At least ONE portion of vegetables

Why not try Carrot sticks, sugar-snap peas, celery, pepper sticks, cherry tomatoes, and cauliflower work well in lunch boxes. School dinners always have a choice of vegetables every day.



A source of protein – meat, fish, egg, lentils, hummus

Choice of sandwich fillings could be: chicken, eggs, tuna, hummus, ham and beef.



OR

Oily fish – such as salmon, mackerel, sardines

Why not try Salmon, mackerel, fish pate, sardines
Children should eat oily fish once every three weeks



A starch food

Why not try Pasta salad, wholemeal sandwich, wraps, rice pots, pittas, cous cous, crackers, noodles



A dairy food

Why not try Cheese strips/cubes, fromage frais, drinking yoghurt, custard, yogurt, smoothies



A drink (low sugar)

Water (water is the best form of hydration) Free drinking water and milk is available at school every day.



Foods to be avoided in my lunch box

Crisps

Crisps can be given occasionally; a suggestion would be once a week —we serve chips once a week. Some suitable alternative options are plain popcorn, wholegrain pretzels or rice cakes



Confectionary—sweets and chocolate

Try giving healthy snacks such as banana muffins, fruit muffins, carrot cake and fruit bread.



Processed meat products

Should only be eaten on an occasional basis as they contain high levels of **fat, salt and sugar** for instance sausage rolls and



Foods that should NOT be in my lunch box

Fizzy Drinks

These are **not** allowed in children's lunch boxes



Nut based products (such as chocolate spreads)

These are **not** allowed in children's lunch boxes



Junk Food V's Healthy Food



Please remember, we have children in school with a serious allergy to nuts; we ask you to avoid any nut products in your child's lunch box. Please be aware that most chocolate spreads contain nuts.

NO NUTS



PLEASE