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YORK ROAD NURSERY SCHOOL

LUNCH POLICY

Information about packed lunches

In line with the policy for healthy eating which is undertaken by Hertfordshire Catering for school meals and the Government's focus we want to ensure that children are given a balanced diet. We ask your help in this by you looking at portion control (we often provide far too much!) in the contents of packed lunches. You will find ideas for lunches at the end of this letter.

- Packed lunches should be brought to school in a named container.
- **No drink is needed** as all children will drink from their water bottles.
- All rubbish will be put into containers so you can manage portion control.
- No sweets or chocolates of any kind are not to be included in a lunch – if they are inadvertently included the member of staff will remove them and give them to you at the end of the session.
- Due to the severe problems some children experience with nut allergies you are asked not to bring anything in a packed lunch which has nuts in e.g. pesto, peanut butter, cereal bars with nuts, peanuts, Nutella type chocolate spread. **If these are mistakenly put into a lunch the member of staff will need to remove them.**
- At present we have a few children with severe allergies to **soya, eggs, Kiwis, Strawberries.**
- Please ensure these foods are not put into lunch boxes.
- Do not put in any type of drink this includes fruit smoothies

Ideas for lunch boxes – It's not just sandwiches!

- A handful of cooked pasta shapes i.e. penne or twists with tuna mayo and sweetcorn or diced cucumber
- A handful of pasta with chicken and red pepper
- A small portion of cooked rice with a steamed diced carrot, peas and chicken or salmon
- Four cream crackers with cheese and ham rolled up
- Rice cakes
- Sliced carrots, celery or cucumber and peppers
- Small amount of fruit
- Rice pudding or yoghurt