

Nourish menus have been prepared in compliance with the government's School Food Standards

## THE BEST PACKED LUNCH ADVICE FOR PARENTS



**The school meals we provide for your child are compliant with compulsory Food and Nutrient-Based Standards for School Lunches, to ensure the provision of nutritious and tasty food.**

**We would love your child to try our school meals as they are:**

- Very popular, especially in the cold months when a hot meal can provide warmth and contentment
- Provide at least a third of a child's overall nutrient requirements

To promote consistency between packed lunches brought in from home and the food we serve, our nutritionist has put together a list of recommendations which may help when preparing lunch for your child.

### Packed lunches **SHOULD** include the following daily:

- Meat, fish (oily fish such as salmon, sardines, mackerel at least once every three weeks (tinned tuna does not count), eggs, or other source of protein such as hummus, kidney beans, tofu and Quorn)
- Starchy items such as bread, wraps, pasta, cous cous, potatoes
- Dairy items such as milk, cheese, yogurt, fromage frais
- At least one portion of fruit and one portion of vegetables or salad items
- Fruit juice, non-flavoured water, smoothies, yogurt or milk drinks

### Packed lunches **SHOULD NOT** include:

- Bagged savoury snacks such as crisps. Try dried fruit or vegetables, as they are packed with nutrients
- Confectionery such as chocolate, chocolate-coated items and sweets. Cakes and biscuits can provide the treat
- Processed items such as Dippers and Cheese Strings wherever possible





## SAMPLE PACKED LUNCH MENUS

Try these ideas for balanced, filling and tasty packed lunches:

### WEEK 1

- Tuna mayonnaise sandwich with cucumber sticks, carrot cake, grapes
- Chicken and rice salad, red pepper strips, Fromage frais, apple
- Meatballs with salad in a wholemeal pitta bread, cherry tomatoes, fruit flapjack, pineapple
- Turkey and mixed vegetable pasta salad, vegetable crudite, yoghurt, banana
- Quiche, potato salad pot, cherry tomatoes, low-fat rice pudding pot, satsuma

### WEEK 3

- Chicken drumstick, pasta and sweetcorn salad, red pepper strips, kiwi, scone
- Tuna, potato and egg salad, carrot sticks, 3 dried dates, banana
- Hummus and salad wrap, cherry tomatoes, fruit yoghurt, pineapple rings
- Roast pork and stuffing sandwich, cucumber sticks, rice pudding pot, sultanas
- Chicken/turkey tikka pasta salad, mixed salad, cheese and biscuits, apple



### WEEK 2

- Tinned salmon and cucumber sandwich, carrot sticks, banana cake, melon slice
- Pork sausage and pasta salad, coleslaw, fruit muffin, pear
- Roast beef and salad bap, cherry tomatoes, fresh fruit salad, yoghurt
- Chicken and mayonnaise strips in a wrap, sweetcorn salad, Fromage frais, grapes
- Falafel and salsa in a wholemeal pitta bread, cucumber sticks, shortbread, apple

