



Irthington Village School Packed Lunch Guidance (Updated March 2021)

Every packed lunch brought to school should be made up of a balance of foods from across the food groups based on the national standards for school meals and the Eatwell Plate.

Recommended Foods	Not allowed (The following items will be removed from packed lunches)
<p>Fruit and vegetables:</p> <ul style="list-style-type: none"> • Vegetable sticks, for example, carrots, celery, peppers, cucumbers; • Salads – for example, lettuce, tomatoes, radish; • Fresh fruit, canned fruit, dried fruit such as raisins or apricots. <p>Breads, rice, potatoes, pasta and other starchy foods:</p> <ul style="list-style-type: none"> • Sandwiches made with a variety of breads, (wholegrain, brown and white mix) such as pitta, bagels, wraps, chapati, rolls; • Salads made with pasta, rice, couscous, noodles or potatoes. <p>Milk and dairy foods:</p> <ul style="list-style-type: none"> • Low fat yoghurt, low fat custard or fromage frais; • Cheese; • Soya products with added calcium <p>Meat, fish, eggs, beans and other non-dairy sources of protein:</p> <ul style="list-style-type: none"> • Meat, chicken, fish and eggs; • Beans such as chickpeas, kidney, haricot or lentils. <p>Treats (one item per day only):</p> <ul style="list-style-type: none"> • Plain / dried fruit biscuit; • Plain / dried fruit sponge; • Low sugar / low fat cereal bar, e.g. Alpen; • Low sugar jelly 	<p>Drinks – water will be provided by school.</p> <p>Crisps</p> <p>Fried food, such as fried chicken, chips or takeaways</p> <p>Full fat / high sugar cereal bars.</p> <p>Iced cakes and biscuits</p> <p>Muffins, doughnuts and other foods containing high levels of fat and sugar</p> <p>Confectionery such as chocolate bars, chocolate coated biscuits and sweets, fruit sweets and snacks, such as fruit winders</p> <p>Chilled puddings, for example, mousse, rice pudding, chocolate yoghurt, corner yoghurts etc.</p> <p>Hot soup in a flask</p> <p>Cutlery – children will be provided with the cutlery that they need from school.</p>