

## Expected

### Example lunches



Monday - Tuna and sweetcorn wrap  
Cherry tomatoes, carrot sticks,  
Plain popcorn,  
Tube of yogurt.



Tuesday - Ham and cucumber  
wholemeal sandwich,  
Sliced peppers, strawberries,  
Cheese cubes



Wednesday - Cold pasta salad  
Celery sticks, sliced grapes,  
Cheese cubes  
Sugar free jelly



Thursday - Chicken and tomato bagel  
Carrot sticks, sliced apple,  
Plain popcorn  
Yogurt pot.



Friday - Ham salad bagel  
Pineapple chunks  
Crisps  
Cherry tomatoes



## Recommendations

### Fun Friday

Keep treats for your child's lunchbox for a Friday, to show the children that the occasional treat during the week is acceptable.

You could add 1 of the following for Fun Friday - a dessert in a pot, crisps, biscuits, cake.



crisps, or any completely covered chocolate bar such as, Twix, Milky Way, and Penguin bars are only permitted on Fun Friday.

### Alternatives

Fruit scones, flapjacks and malt loaf are good alternatives from cakes and biscuits. Plain popcorn or rice cakes are an alternative for crisps.

If you require any further assistance please ask in the school office.  
Thank you



Victor Seymour Infants' School



Healthy Lunchboxes

## Fruit and Vegetables

Try to include a portion of fruit and/or vegetables in each lunch. Raw vegetables - carrots sticks, cucumber, celery, pepper sticks, cherry tomatoes, mini peppers, cut up fresh fruit. (Please ensure grapes are cut half to avoid choking)

You could even add a dip like hummus to add flavour.

## Protein

Meat, fish, eggs and cheese are all protein and make good sandwich fillings.

Try using lean meat such as ham or chicken.

What about salmon or tuna and sweetcorn sandwiches.

## Healthy Lunchboxes

When deciding what to put in your child's lunchbox it is important to offer a variety of foods from the four main food groups. Not only will this make the lunchbox more interesting, it means your child will enjoy a balanced lunch that helps provide energy and nutrients s/he needs to grow, learn and stay healthy.



## Healthy School Rules

Victor Seymour is a Healthy School, therefore we ask that sweets such as Haribo or Fruit winders or are **never** put into lunchboxes.

Nuts or any nut based products are **never permitted**. Please check items before including them.

Water will be provided at lunch so please do not put drinks into lunchboxes.

*A note will be sent home in the lunchbox if any of these items, or items that are only permitted on Fun Friday are seen during the rest of the week.*

## Carbohydrates

Try adding a variety here with different breads e.g. - wholemeal, pitta breads, bagels, tortilla wraps, or even crackers.

You even try cold pasta, noodles or rice for a change.



## Dairy

Calcium is very important to help develop strong bones and teeth. You could try adding; a yogurt tube or pot such as fromage frais as they are popular and tasty, or cheese cubes, slices or strings.

Please remember milk can be ordered for your child to have in school in the morning on a termly basis.

