

# LUNCHBOX IDEAS

Children attending over lunchtime bring a packed lunch to school. This is an opportunity to sit and eat with their friends and a member of staff. We believe that a healthy approach to food and nutrition begins at an early age and is an integral part of learning for life. We ask that lunchboxes do not contain chocolates, sweets and crisps or fizzy drinks.

We have some children that have a severe nut allergy, if they come into contact with any nuts or nut products e.g. peanut butter, they will become extremely poorly. Therefore, any nuts or nut products are not allowed in packed lunches. Please also refrain from putting grapes in lunch boxes as they can be a choking hazard for toddlers. If you would like any food heated in the microwave, please put a note with clear heating instructions with your child's lunch; without instructions we will be unable to heat food.

We encourage children to eat their lunch, but respect their decision if they choose not to do so and any uneaten food is returned home in its container.

Please ensure all items are clearly labelled with your child's name and in warmer weather it is advisable to put a freezer/cold bar in the lunch box to keep it cool.

Information about any specific allergies, dietary needs or restrictions should be shared with your child's key person at the initial meeting.

## 1. Tummy fillers

Growing kids need plenty of starchy foods to fill them up and give them energy. Nutritious meals packed with fibre, protein, carbohydrate and vitamins will also help your child's growing bones and give them a healthy dose of brain power for the afternoon ahead. These along with fruit and/or vegetables should form the main part of your child's lunch. Try some of these ideas:

### Sandwiches and wraps

- Bread - vary between wholemeal, granary, multi-grain and white.
- Wraps, rice cakes, pancakes, potato cake, malt loaf, hot cross bun, scone.

### Fillings/toppings

- Meat - wafer thin cooked meats, cubed chicken/turkey breast with tomato and lettuce, ham and cheese, roast chicken & hummus, leftover cold meats (chicken, turkey, meatloaf, sausages etc) with salad, chicken and mashed avocado, cold BLT.
- Fish - tuna mayo & sweetcorn, tuna salad, sardine and tomato, fish paste and cucumber.
- Veggie - grated cheese, cheese spread, cream cheese, Quorn slices and salad, cottage cheese with pineapple, cheese and grated carrot with a little mayo, veggie sausages, vegetarian pate with cucumber, cheese and coleslaw, egg salad/egg mayo, cheese and pickle, Marmite.
- Sweet - High-fruit jam/fruit spread, nut-free chocolate spread, honey, treacle, lemon curd.



### Other ideas

- Carbohydrate based salads such as pasta salad, rice salad, cous cous, potato salad, tabbouleh etc.
- Egg based foods such as quiche or frittata.

## LUNCHBOX IDEAS

- Baked items such as savoury muffin, cheesy corn triangles, pizza slice, mini pasty, cheese and potato roll, croissant, samosa, pakora, spring roll etc\*.  
*\*These items can be high in saturated fat, so just opt for them occasionally.*

### 2. Five-a-day options

- Any combination of the following, in a small pot or bag: raisins, sultanas, pumpkin/sunflower seeds, ready to eat dried apricots, dates or prunes.
- Whole fruits - satsuma, apple, banana, pear, peach, plum, strawberries (whatever is in season)
- Fruit salad pot - any combination of prepared fruit: strawberries, orange, melon, mango, pineapple, kiwi etc.
- Homemade fruit puree, smoothie or apple sauce (you can add strawberry, peach, etc)
- Fruit jelly made with fruit pieces and pure fruit juice.
- Tinned fruit pot (useful in the winter if you can't find ripe fresh fruit) - mandarins, pineapple, peaches, fruit salad, pears.
- Salad pot - any combination of prepared raw vegetables: cucumber, lettuce, pepper, celery, cherry tomatoes, carrot sticks, mangetout, slices of avocado sprinkled with a little lemon juice etc. or coleslaw.  
*\*Please refrain from putting grapes in lunch boxes due to possible choking hazard.*



### 3. Good for growing bones

- Fruit yogurt, fromage frais or dairy-free alternative.
- Cold rice pudding or custard.
- Greek/plain yogurt.
- Cubes of cheese or pre-packed lunchbox sized cheese portion, cottage cheese with pineapple.
- Dips: hummus, tzatziki, raita, cream cheese and plain yogurt.



### 4. Snacks

Savoury options - Hard boiled eggs, scotch/savoury egg, mini sausages, sausage roll, falafel etc.

- Small bag of lower salt (preferably baked or reduced fat) crisps, or a handful of crisps in a pot. Crackers, crisp bread, rice cakes, cheesy biscuits, savoury flapjack, savoury scone, bread sticks, unsalted popcorn.
- Sweet options - Muffin, cup cake, small piece of cake, biscuit or cookie, flapjack, shortbread, jam tart, cereal bar\*  
*\* Check cereal/flapjack bars for sugar content , as some can contain as much sugar as a bar of chocolate!*



### 5. Thirst-quenchers

Steer clear of sugary drinks and go for one of these healthy options:-

- Water
- Milk (whole, semi-skimmed, goats or soya)
- Milkshake
- Pure fruit juice or smoothie - preferably diluted

