



The Royal School

Wolverhampton

Primary School - Packed Lunch Guidance

Packed Lunch Guidance

If parents, choose to send a packed lunch they must ensure that is entirely nut free. No nuts in any food should be brought into school.

One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches.

Meat, fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel.

An oily fish, such as salmon, should be included at least once every three weeks.

A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.

A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day.

Drinks - free fresh drinking water is provided by the school. No other drinks are allowed.

Snacks such as crisps should **not be included every day**. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.

Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should **not be included**. Cakes and biscuits are allowed but these should be part of a balanced meal.

Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

