

Packed Lunches

Have you included.....

- a good portion of starchy food, e.g. wholegrain bap, thick sliced wholemeal bread, chapatti, pitta pocket, pasta or rice salad?
- plenty of fruit and vegetables e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini can of fruit chunks or a small box of raisins?
- A portion of semi skimmed milk or dairy food, e.g. individual cheese portion or pot of yogurt.
- a portion of lean meat, fish or alternative e.g. ham, chicken, beef, tuna, egg or hummus?
- a drink, e.g. fruit juice, semi skimmed milk or bottle of water?

Enjoy your lunch!