



Mr I De N'Yeurt
Headmaster



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Dear Parents/Carers,

School lunches are a vital meal during the school day and Chartwells our caterer ensures each meal is balanced and meets the School Food Standards.

We have been monitoring the packed lunches and thought it helpful we wrote to you.

Some of children choose to have a packed lunch each day or occasionally. We would like to ensure the packed lunches also meet the same high School Food Standards. There is also no need to pack a drink as we provide water for all children at lunchtime and throughout the day.

A good healthy lunchbox should contain:

- a starchy food, e.g. potatoes, bread, rice, pasta;
- plenty of fruit and vegetables, e.g. carrot sticks, an apple, sliced cucumber;
- a source of protein, e.g. beans, pulses, egg, fish, meat;

We do allow crisps ***but only on a Friday*** the same day we serve fish fingers and chips for our school lunch pupils, the School Council children a few years ago, thought this was fair!

Some things to not put in the packed lunches please as unhealthy (or in the case of nuts, dangerous for others) :

Nuts, chewing gum, cereal bars, processed fruit bars, non-chocolate confectionary, chocolate, any product containing or wholly or partially coated with chocolate and any chocolate flavoured substance, carbonated drinks.

I have attached our school leaflet about healthy lunches and hope the guidance is helpful.

Kind regards,

I De N'Yeurt
Headmaster