

St Agnes Packed Lunch Options

At St Agnes we value the importance of a healthy lifestyle and encourage all the children to make healthy choices. We follow food standard guidelines for school dinners and ask that packed lunches follow the same rules.

Please see the below list of acceptable foods that can be put in your child's lunchbox:

- One portion of fresh fruit and one portion of fresh vegetables or salad every day.
- 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, or fromage frais should be included every day.
- Water.
- Any packaged snacks must be 100 calories or less and no more than one per day.
- One plain cake or biscuit.
- Meat products such as sausage rolls, individual pies, corned meat, sausages and chipolatas can be included occasionally.
- Seeds, vegetables and fruit (with no added salt, sugar or fat).
- Savoury crackers or breadsticks.
- No crisps except baked.
- No chocolate of any kind, in biscuits, in cakes or spread.
- No fizzy drinks or cordial.
- No sweets.
- No nuts or peanut butter.

All school dinners adhere to these guidelines and are planned by a dietician to offer children a healthy balanced daily meal. They follow strict guidelines and salt is not used in any of the preparation or cooking of the foods and sugar is kept to a minimum.



Eat well

Move more

Live longer