

Thursday 7th September 2023

Dear Parents,

If your child has a packed lunch, please remember that it should be a healthy, nutritious, balanced meal.

**Where possible, packed lunches should include:**

- One portion of pasta salad, sandwich, bread roll or pitta bread.
- Healthy filling in a sandwich.
- One portion of fruit and vegetables e.g. carrot/cucumber sticks, cherry tomatoes, apple, banana etc.
- One portion of yoghurt or cheese.
- One drink of water or a sugar free juice.
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We also recommend children eat fruit or yoghurt as their pudding choice.

***Examples of a good packed lunch***

**Example 1-**

Cheese/egg/jam/tuna sandwich

Yoghurt

Apple/grapes/banana



**Example 2-**

Pasta pot

Cheese square

Carrot sticks

Cereal bar



Slips will be sent home in your child's packed lunch as a reminder if your child does not bring a healthy lunch. We will then speak with you individually if we are still concerned about the contents of your child's lunchbox.

Kind regards,

*Mrs Neophitou*

Head of Academy

Head of Academy: Mrs Z Neophitou

Executive Principal: Mrs M Eccles

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