Dear Parents,

**Packed lunches**

Please note the following when filling your child’s lunch bag/box:

* No fizzy drinks
* No chocolate products (including choc chip cookies, or chocolate covered biscuits, chocolate spread, chocolate yoghurt etc)
* No products containing nuts

Some things to try are:

* Chopped up fresh or dried fruit (this can also be mixed with yoghurt in a plastic container) **PLEASE CUT GRAPES LENGTH WISE**
* Sandwiches, wraps, pitta bread, chapatti, crispbread, bagel
* Sandwich fillings could include: hummus, cheese, cream cheese, marmite
* Cheese (could be in cubes or slices)
* Chopped up carrot, red pepper or cucumber
* Breadsticks
* Cream cheese and crackers
* Biscuits (one or two)
* Crackers – a few
* Yogurt (one small pot – not the larger Muller corners)
* Mini boxes of raisins, apricots etc.
* Hummus (most supermarkets sell little individual pots)
* Pasta salad
* Couscous with vegetables
* Rice salad
* Hard boiled egg

Please remember to bring an empty drink bottle which we will fill with fresh water each day. You can put diluted fruit juice – ‘not from concentrate’ if possible - in to eat with lunch but only water is allowed for free access during the session for dental health reasons.

Thank you for your co-operation.