



SHORTSTOWN PRIMARY SCHOOL

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Head Teacher: Mrs D Cottam

There have been some requests for support with Packed Lunches. We are a Healthy school and therefore fizzy drinks, sweets, chocolate and too many pudding related foods are not allowed.

There are a number of internet sites like **Change4 life**, and the **School Food Trust**, which have a number of ideas and recipes to support you in finding different healthy options for your child's packed lunch.

I have looked through and selected some ideas as a starting point. If you have any concerns or questions, we will be happy to help.

Main foods	Additions	Puddings
Brown bread / Best of Both™ roll wholemeal pitta bread Low fat wrap Filling ideas: Salmon and cucumber Roast chicken and lettuce Cheddar cheese Roast pork and apple Egg salad Sausage Tuna mayonnaise Cooked meats Other options: Mixed bean salad Potato salad with roast chicken slices Chicken drumstick and a pot of pasta salad Curry and rice Layered tuna pasta salad Spanish Omelette Pasta salad Couscous salad Potato and egg salad Rice salad	cherry tomatoes Cucumber chunks pepper strips Carrot sticks Celery sticks Cheddar stick Olives Bread sticks Boiled egg Sliced meats Crackers	Fruit fromage frais Fresh fruit salad Pot of low fat rice pudding Fruit Dried fruit Fruit flapjack Low fat fruit yoghurt Slice of malt loaf Strawberry trifle Raisins Uniced fruit cake Seeded flapjack Custard pots Jelly pots Drinks Fresh Juice Water Squash



INVESTOR IN PEOPLE

