



September 2016

## **Lunch Statement**

We consulted with parents, carers and pupils about packed lunches as we were concerned about some of the contents, following on from this, below is the list of foods / ideas which are allowed in packed lunches at Alexandra:

| <b>Items allowed</b>   |
|--|
| A sandwich, pitta pocket, wrap etc which must have a healthy filling |
| A yogurt   |
| A cereal bar or fruit bar (No chocolate content)                     |
| A piece of fruit or fruit salad                                      |
| Carrot sticks, cherry tomatoes, celery etc                           |
| Rice or pasta salads   |
| Soup in a flask  |
| Dips and bread sticks  |
| Cheese and crackers  |
| Water or fruit juice   |
| <b>Cake or crisps once a week (Friday only)</b>                      |

Foods which are deemed not to be in the policy will not be allowed to be eaten in school.

Thank you for your cooperation in this matter.

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