

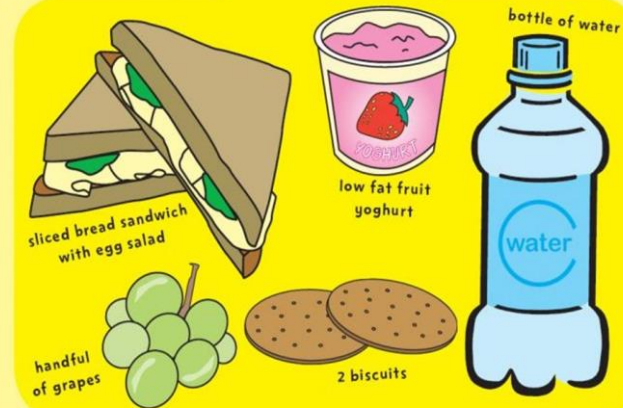
FRIDAY TREAT

You are allowed a small treat in your Friday packed lunch. This could be ONE of the following:

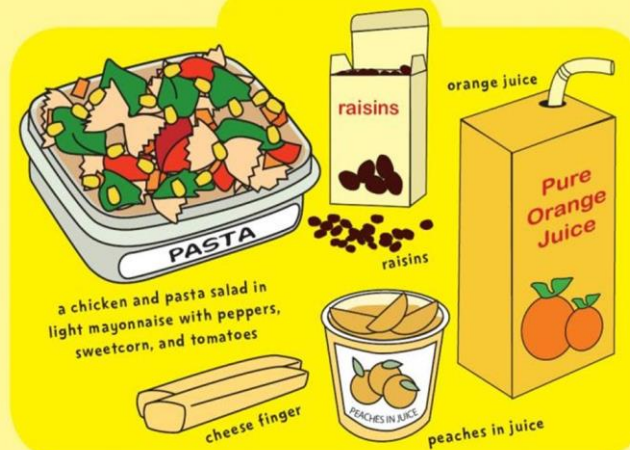
- A small pudding
- A small chocolate (eg Kitkat bar)
- A muffin
- A cereal bar
- A cookie
- A small cup cake
- A small low -fat packet of crisps

Children are **NOT** allowed to bring packets of sweets like Skittles, large bars of chocolates or fizzy drinks for their treat.

example of a balanced lunchbox...



example of a balanced lunchbox...



Healthy Packed Lunch at Richard Cobden Primary



Bread, Rice or Pasta

Try to vary the type of bread such as wholemeal, granary or high fibre white bread. Use bread rolls, pitta, French bread or bagels.
If you aren't having sandwiches

Drinks

No sugary or fizzy drinks are allowed.

Instead bring water or fruit juice mixed with water.

Sandwich Fillings

Use a different sandwich filling each day—preferably including some salad.

For example:
Chicken, lettuce and tomato
Grated cheese and carrot
Tuna and sweet corn

Some Fruit to Try

Seedless grapes
Satsumas
Small bananas
Apples
Plums
Dried fruit

Some ideas for
a healthy
packed lunch!

Some vegetables to try

Cherry tomatoes
Carrot sticks
Celery sticks
Cucumber chunks
Baby sweet corn

Savoury snacks

Rice cakes
Bread sticks
A boiled egg
Cheese and crackers



Sweet snacks

Scones
Malt loaf
A flapjack
Yoghurt