

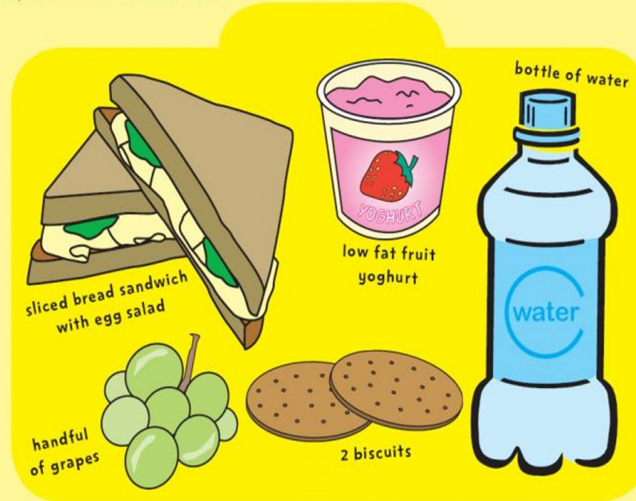
## FRIDAY TREAT

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...



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## 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