
















Harrington Hill Primary School Healthy Packed Lunch Guidance






Please include foods from each of these groups in *every* packed lunch...

<p>Drink</p>  <p>Water only please (NOT flavoured water)</p>		<p>Fruit, Vegetables and/or Salad</p>   	<p>Fillers</p>  <p>Bread</p>  <p>Pasta</p>  <p>Rice</p> <p>Protein</p>  <p>Meat — <i>as part of a sandwich, rice or pasta dish.</i></p>  <p>A piece of chicken <i>but not nuggets.</i></p>  <p>Cheese</p>  <p>Egg</p>  <p>Fish</p>  <p>Humous</p>  <p>Tofu</p> <p>Quorn</p>
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You may also like to include a healthy snack, e.g.

<p>Cereal bar</p> 	<p>Apple, banana or other fruit</p> 	<p>Yoghurt</p> 	<p>Vegetables</p> 
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Please do not include...
biscuits, chocolate bars, cakes or sweets.

			 
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Crisps are ONLY allowed on Fridays as a treat.

		
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Thank you for your support with this!

