



20 January 2020

Dear Parent/Guardian,

Packed Lunches

We would like to remind parents that every child in school, until the end of Year 2, receives a Free School Meal daily. These meals are homemade and there is a wide range of choice. These meals meet nutritional standards.

We are aware that some parents are choosing to provide a packed lunch. We would like to remind you that packed lunches **must not contain sweets and chocolate or juice**. Children should only bring water or milk within their packed lunches. Eating a healthy, balanced lunch is vital for ensuring children have the right nutrients and enough energy to see them through the school day, however, achieving this balance is not always as easy as it sounds. The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all of the nutrients they need to stay healthy.

Foods to put in a lunch box

- Fresh fruit.
- Crunchy vegetables.
- A meat or protein food such as slices of lean meat, hardboiled egg.
- Dairy food such as a cheese stick or slice, grated cheese, milk or yoghurt.
- Starchy food such as bread, a roll, pita or flat bread, fruit bread or crackers.
- Water.

Please find below examples of healthy lunch boxes provided from Change for Life. Information can be accessed on their website <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

The screenshot shows the Change4Life website interface. At the top, there is a yellow navigation bar with the 'change4life' logo on the left and links for 'Food facts', 'Recipes', 'Activities', and 'Your child's weight' in the center. A 'Join Change4Life' button is on the right. Below the navigation bar is a green decorative element. The main content area displays four recipe cards, each with a photo of a lunch box and a title:

- Cheesy coleslaw with wholemeal pitta**: Shows a lunch box with a pitta sandwich, coleslaw, tomatoes, and a drink.
- Creamy hummus dip with pitta bread and vegetable sticks**: Shows a lunch box with hummus, pitta bread, vegetable sticks, and a drink.
- Egg mayonnaise and lettuce bap**: Shows a lunch box with a lettuce bap, egg, mayonnaise, tomatoes, and a drink.
- Hummus and salad wrap**: Shows a lunch box with a wrap, hummus, salad, and a drink.





**THREE
LANE ENDS
ACADEMY**
THRIVE • LEARN • ENJOY • ASPIRE



Salmon and salad bagel



Soft cheese and salad
sandwich



Spicy chicken and salad
wrap



Tuna and bean salad

If you would like any further support or information on school meals please feel free to contact the school office.

Yours sincerely

D Roberts
Headteacher



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