






Packed Lunch Policy

At Laurel Avenue Community Primary, we are committed to working towards making sure that Packed Lunches follow the same principles as all other food provided in School, which is now regulated by law.

Our aims are:

-  *To contribute to children's health and well being*
-  *To educate children about healthy life choices*
-  *To ensure that all packed lunches brought from home and eaten at school (or on school trips) provide the child with healthy and nutritious food that is similar to midday meals served in schools, which is now regulated by national standards*



The school offers pupils the opportunity to have a cooked midday meal provided by contractors Taylor Shaw, who ensure that the meal is balanced and meets national food standards. These meals have been priced at an extremely reasonable cost for children in Year 3 to Year 6 of £2.05 per day, so £10.25 each week. The meals for Nursery children are also £2.05 per day, so £4.10 for the two days they stay for lunch. Children in Reception, Year 1 and Year 2 are entitled to a free school meal due to Government funding.

Where a packed lunch is preferred, it is expected to conform to the packed lunch policy. This policy applies to all packed lunches eaten within school or on school trips during normal school hours.

Special diets and allergies

The school recognises that some pupils may need special diets for medical reasons that do not allow the standards to be met exactly. In this case parents are asked to be responsible in making sure that packed lunches are as healthy as possible. For these reasons pupils are not allowed to swap items.

School is Nut Free

Please can you check your child's packed lunch to avoid giving children nuts or nut products in their packed lunches (Taylor Shaw Catering is a nut free business). So please can we ask that you have no nut products in the lunch boxes, for example:

Peanut butter sandwiches

Chocolate spreads

Cereal bars

Cakes that contain nuts

Biscuits / Cookies that contain nuts

Sauces that contain nuts

This list is not exhaustive, so please check the packaging of products closely.

We do realise that many foods are labelled as 'may have been produced in a factory handling nuts and cannot be guaranteed to be nut free'. Such items **will** be allowed in school as it would be unreasonable to expect these to be kept out of school.

Food and Drink in Packed Lunches

Packed lunches should include every day:

- 🍏 At least one portion of fruit and/or vegetables
- 🍏 Meat, fish or other source of NON DAIRY protein
- 🍏 A starchy food such as any type of bread, pasta, rice, noodles, potatoes
- 🍏 Dairy food such as milk, cheese, yoghurt, fromage frais or custard
- 🍏 Oily fish, such as tuna at least once every three weeks

Drinks

- 🍏 Water, milk, diluted sugar free squash or fruit juice

FRESH DRINKING WATER WILL BE PROVIDED

Packed lunches should not include at any time:

- 🍏 Crisps, or any other snacks like crisps
- 🍏 Chocolate or sweets

Cakes and biscuits are allowed, but only as part of a balanced meal.
Please choose the smallest size.

Allowed occasionally – for example once a week

Meat products, such as pies, pasties, and sausage rolls should be included only occasion

Recommended alternatives to snacks, confectionery and meat products:

Vegetables or fruit, savoury crackers or breadsticks (with no added salt, sugar or fat).

Our promise to you

- 🍏 The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
- 🍏 The school will work with parents to ensure that packed lunches abide by the standards laid down by law.
- 🍏 There is some fridge space for these lunches, but pupils are advised to bring packed lunches in insulated bags.
- 🍏 The school will ensure that eating packed lunches is a sociable experience for pupils and that they learn and use a high standard of table manners.
- 🍏 The school will provide information for parents and pupils to support them in following the Packed Lunch Policy.

We really appreciate your cooperation in this matter. Thank you.

