

Pack Lunch Guidance

Parents/Carers may choose to send their child with a packed lunch.

- Packed lunches should be stored in their boxes with a cool pack (responsibility and provided by parent). Boxes should not be stored in a fridge.
- Packed lunch leaflet should be issued to every parent/carers.
- Children receiving a packed lunch should always have the opportunity to have their lunch alongside the children having a hot lunch service.
- The packed lunch contents should be put on a plate for the child on the table along with cutlery.



PACKED LUNCH GUIDANCE

DAYCARE SERVICES

Parents and Carers



Fruit and vegetables	Chopped raw vegetables such as carrots, cucumber, peppers or cherry tomatoes are ideal choices. A wide variety of fruit can be included. Fruits that are in season are often more economical. Include a pot of fruit salad as a change to a whole fruit. Try some dried fruit such as raisins, sultanas, mango or apricots.
Meat, fish, eggs, beans and other non-dairy sources of protein	For sandwich fillings include ham, turkey, chicken, fish, hummus and egg. Too much mayonnaise or salad cream should be avoided as these are high in fat, salt and sometimes sugar.
Milk and dairy foods	Include a milk-based pudding such as yoghurt, fromage frais, a small pot of custard or mousse. A drink of milk or a small serving of cheese, e.g. cheddar, edam or mozzarella, on a sandwich could also be included as part of this group.
Drinks	Milk or water would be ideal choices. Small cartons of pure fruit juice should be kept to mealtimes only. Fizzy drinks, diet or otherwise, are not suitable for children.

Some simple health recipes can be found at <https://blogs.glowscotland.org.uk/ab/sali/files/2016/12/Setting-the-Table-Recipes.pdf>