

St Mary & St Pancras C. E. Primary School

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Headteacher **Jules Belton**, Deputy Headteacher: **Lucy Heard**

Dear Parents/Carers,

HEALTHY PACKED LUNCHES



As you are aware we hold the Healthy Schools status, which means we promote the health and wellbeing of all pupils here at St Mary and St Pancras School.

We would like pupil's lunch boxes to reflect a healthy balanced meal. Overleaf we thought it would be helpful to give you some ideas as to what you could include in your child's packed lunch to ensure they are eating a well-balanced and nutritious meal.

Please note that if your child's packed lunch contains any items that are not allowed, they will be asked to put them back in their lunch box.

Thank you for your cooperation.

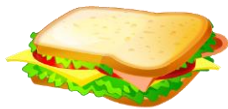
Yours sincerely

Lucy Heard

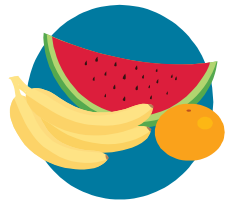
Deputy Headteacher



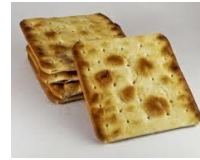
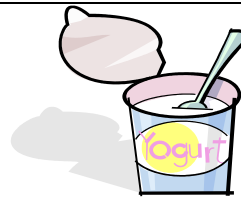
HEALTHY PACKED LUNCH IDEAS



SANDWICH/ROLL/WRAP/PITTA(with salad) PASTA/RICE



**A PIECE OF FRUIT OR
VEGETABLE**



A YOGHURT OR CRACKERS



A BOTTLE OF WATER

**CRISPS, CHOCOLATES, CHOCOLATE
PANCAKES, CHOCOLATE CAKE BARS, CAKES,
SWEETS OR FIZZY DRINKS ARE NOT ALLOWED**

**PLEASE DO NOT PUT NUTS IN YOUR CHILD'S LUNCH AS
SOME CHILDREN IN OUR SCHOOL HAVE A NUT ALLERGY**