









Heathfield Schools' Partnership

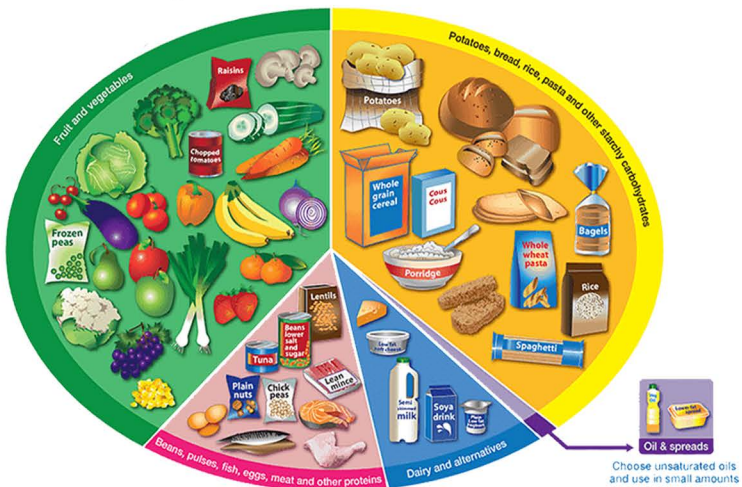
Guide to Healthy Lunches



Breads and Cereals	Fruits and Vegetables	Dairy Foods	Meat, Fish, Eggs, Beans etc.	Fats and Sugars
Give us energy and fibre.	Give us energy, vitamins and minerals.	Contains calcium that helps to make bones and teeth strong.	Has protein that helps our muscles grow.	Give us short bursts of energy but should only be eaten in limited quantities.
				

From the "Change 4 Life" guide we understand that.....

-  We need a balanced diet to be healthy.
-  It is important to eat something from each food group as they all do something different for our bodies.
-  We need to eat more of some food groups and less of others.



Guidelines to healthy lunch boxes

- ✓ A healthy sandwich, rice or pasta dish.
- ✓ 2 portions of fruit or vegetables such as carrot and cucumber sticks, and fresh fruit.
- ✓ Dairy, such as cheese chunks, yoghurts or fromage frais.
- ✓ Meat such as chicken. Fish such as salmon or tuna. Boiled eggs and beans.
- ✓ Drink - water, milk or fruit smoothies

Foods we should not have in our lunch box include: nuts, fizzy drinks, sweets and confectionary.

Treat Day Friday!

This is our special day when one treat, such as crisps or a small biscuit is allowed.

Some inspirations for lunches



Pasta and vegetable salad, topped with diced cheese. Served with a side of vegetable sticks and a delicious dip.



Wholemeal Tuna and cucumber sandwich, with a beetroot salad dip. Served with fruit chunks and jelly shapes.

Why not try Heathfield's delicious school meals?

Our in-house nutritionist creates bespoke menus to make sure we are meeting Food for Life standards and government food standards. We can meet all dietary requirements for individual children, such as gluten-free and diabetic.

If you are in receipt of certain benefits and think you qualify for Free School Meals, please contact the School for an application form.

