

Healthy Packed Lunch Guide for Parents & Carers

At St Catherine's, we encourage packed lunches that help children stay healthy, focused and ready to learn. Thank you for supporting us with these simple guidelines.

What to Include Every Day

Try to include **at least one item from each group**:

Fruit & Vegetables

Fresh, frozen, dried or tinned fruit (in juice or water), salad sticks, cherry tomatoes, cucumber, peppers.

Starchy Foods

Wholemeal bread, wraps, pitta, pasta, rice, couscous or potatoes.

Protein Foods

Chicken, fish (not fried), eggs, beans, lentils, hummus, cheese, tofu or yoghurt.

Dairy or Alternatives

Milk, yoghurt, cheese or calcium-fortified dairy alternatives.

Drinks

Plain water or milk.

Lunchbox Ideas

Here are some balanced and easy lunchbox combinations:

Sandwich & Wrap Ideas

- Wholemeal chicken & salad sandwich + apple + yoghurt
- Hummus & grated carrot wrap + cucumber sticks + banana
- Egg mayonnaise (light) sandwich + cherry tomatoes + fruit pot

Pasta & Rice Boxes

- Wholewheat pasta with tuna, sweetcorn & peas + orange
- Rice with roasted vegetables & chickpeas + yoghurt
- Couscous with chicken or falafel + mixed salad + grapes

No-Sandwich Options

- Cheese cubes, wholegrain crackers & salad sticks + pear

- Boiled egg, mini wholemeal pitta & hummus + berries
- Leftover jacket potato with beans or tuna + fruit

Healthy Extras

- Fruit slices or fruit pots
 - Vegetable sticks with hummus or yoghurt dip
 - Plain yoghurt with fresh or dried fruit
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Please Do Not Include

To keep lunches healthy and in line with school guidance, please avoid:

- ⊘ Sweets or chocolate
 - ⊘ Crisps or high-salt snacks
 - ⊘ Cakes, biscuits or sugary cereal bars
 - ⊘ Fizzy drinks, fruit juices or smoothies
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Allergies & Safety

⚠ **No nuts or nut products**, as some children have severe allergies.

Please ensure food is safely prepared and stored. We are unable to heat or refrigerate packed lunches.

Special Diets

We respect medical, cultural, religious and ethical dietary needs. Please speak to the school if your child has specific requirements.

Thank You

We work in partnership with families to promote healthy eating habits for life. Thank you for your support

Healthy Lunchbox Ideas!

Pack a balanced lunch with a mix from these food groups:



Fruit & Veg



Protein



Starchy Foods



Dairy or Dairy Alternatives

Pasta & Rice Boxes

Super Sandwiches & Wraps



- Chicken & Salad Sandwich
- Hummus & Veggie Wrap
- Egg Mayo & Tomato

Pasta & Rice Boxes



- Pasta Salad with Tuna
- Rice & Veggie Box
- Couscous with Chicken

No-Sandwich Picks



- Cheese & Crackers
- Boiled Egg & Hummus
- Jacket Potato & Beans

Healthy Snacks!



• Veggie Sticks & Dip



• Fresh Fruit or Yoghurt



• Rice Cakes or Popcorn

Please Avoid:

Sweets, Crisps & Sugary Drinks

NC

No Nuts!

We are a Nut-Free School.

Thanks for helping us keep lunchboxes healthy!