

Seaham Harbour Nursery School



Packed Lunch Guidance



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Your child's packed lunch should include these foods



Bread, Rice, Potatoes, Pasta

Examples of these could be –

- Sandwiches made with sliced bread, pitta bread, wraps, chapattis or bread rolls
- A scone or currant bun
- A bagel
- Pasta, couscous or rice

Fruit and Vegetables

Examples of these could be –

- Carrot batons, cucumber sticks, celery, sliced peppers etc
- A piece of fruit – apple, melon, orange, banana, pear, kiwi, etc
- Dried fruit – raisins, apricots etc
- Fruit salad
- Grapes, cherry tomatoes, strawberries, berries, cherries **must be cut length ways and then cut again (quarters) to reduce the risk of choking**

Milk and Dairy foods

Examples of these could be –

- A pot of yoghurt, custard or rice pudding
- A piece of cheese (match box size)
- 2 triangles of spreadable cheese (this could be in the sandwich)

Meat, Fish, Eggs, Beans

Examples of these could be – (these could be in the sandwich)

- Slices of cooked meat – ham, chicken, pork, turkey
- Hard boiled egg
- Tuna, salmon, mackerel or sardines
- Hummus

Please **do not** include these foods

Pies, pastries, sausage rolls

Sweets/Chocolate bars

Chocolate spread

Popcorn

Split pot yoghurts

Fizzy drinks/juice

ANY NUT PRODUCT

