

# Seaham Harbour Nursery School



## Packed Lunch Guidance



## Seaham Harbour Nursery School

### Packed Lunch Guidance

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**

