

- Please ensure that packed lunches contain a healthy meal.
- No sweets or chocolate bars.
- Water is available at school.
- For safety reasons, plastic bags and cling film should not be used to wrap food.

Thank you.

## Packed lunches or school dinners?

These days, school dinners are probably healthier than most packed lunches. But if you want to make a healthy packed lunch, here are some ideas for you.

### Monday

Banana sandwich wholemeal bread  
Tomato, Boiled egg  
Low-fat fruit yoghurt  
Small box of raisins  
Semi-skimmed milk

### Tuesday

Tuna and sweetcorn wholemeal roll  
Reduced-fat cheese triangle  
Satsuma  
Apple juice, unsweetened

### Wednesday

Pasta and sausage salad  
Stewed apple and blackberry crumble  
Reduced-fat natural yoghurt  
Bottle of water

### Thursday

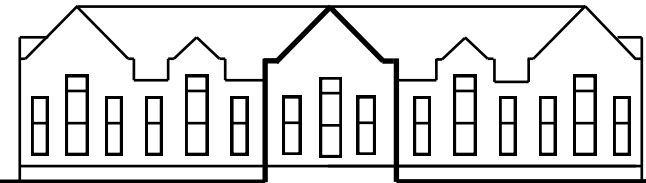
Edam cheese, ham and lettuce pitta  
Tomato  
Small flapjack  
Nectarine  
Reduced-fat yoghurt drink

### Friday

Houmous, red pepper and grated carrot wrap  
Grapes  
Creamed rice pot  
Slices of malt loaf  
Bottle of water

change  
4 life

# Packed Lunch News



ROTHBURY FIRST SCHOOL



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The eatwell plate

Look out for the  
“Fantastic Friday”

signs and order your  
school dinner in the Office.  
£2

First Fantastic Friday

6 September 2013

Menu

Fish, chips, peas  
Fresh fruit  
Milk shake

“Fantastic  
Friday”

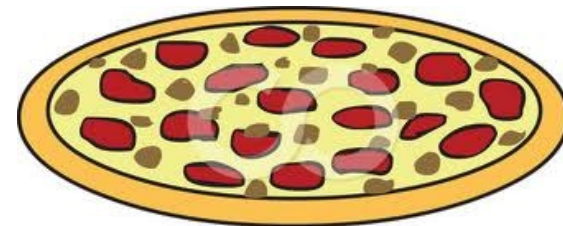
All children usually bringing a packed lunch  
will be invited to have a school dinner on  
Fantastic Fridays.  
The dinner will cost £2.



Fish and Chips



Sausage and Chips



Pizza and Chips