



The Mead Infant and Nursery School

Healthy Packed Lunch Guide

To help every child stay healthy, happy, and ready to learn, please follow our packed lunch guidance.

✓ Please Include:

- **Fruit and Vegetables** – apple slices, grapes (cut lengthways), cucumber sticks, carrot sticks, berries.
- **Starchy Foods** – sandwiches, wraps, pitta bread, pasta, rice, couscous, breadsticks.
- **Protein Foods** – lean meat, chicken, tuna, boiled egg, hummus, beans, lentils.
- **Dairy or Alternatives** – cheese, plain or low-sugar yogurt, milk-based pudding.
- **Drinks** – water or plain milk.

✗ Please Avoid:

- Sweets, chocolate bars, fizzy or energy drinks.
- Cakes, pastries, high-sugar snacks (except for special occasions).
- Crisps and savoury snacks more than once a week.
- Sugary yogurts or desserts – choose plain or low-sugar instead.
- Whole grapes, cherry tomatoes, or round foods – always cut lengthways.

✗ Not included:

- Nuts and nut products including anything containing nuts, including peanut butter and Nutella, sesame seeds, pesto and hummus – to ensure the safety of children with allergies.

🌍 Cultural and Dietary Needs

We respect all families' preferences. Please let us know if your child requires: - Vegetarian, vegan, or pescatarian food. - Halal or kosher food. - Avoidance of certain foods during festivals.

⚠ Safety and Hygiene

- Label the outside of your child's lunchbox with their name.
- Use an insulated bag and ice pack for perishable foods.
- We cannot refrigerate or reheat food from home.

🤝 Support with Eating and Dietary Needs

If your child has any difficulties with eating, feeding, or dietary requirements, please speak to a member of staff. We will work with you to support your child's needs and ensure mealtimes are positive and inclusive.

Together we can help children enjoy healthy, safe, and balanced meals every day.