

Green Foods = Ok all of the time	Amber Foods = Occasional (once a week maximum – check policy)	Red Foods = Never, Please Do Not have these in your Lunchbox						
<p><u>Fruit and Vegetables</u></p> <ul style="list-style-type: none"> ✔ Vegetable Sticks ✔ Salad (e.g. Lettuce, tomato, cucumber, carrot) ✔ Fresh Fruit (whole piece, slices, fruit salad) ✔ Dried Fruit ✔ Tinned Fruit in juice <p><u>Carbohydrates</u></p> <ul style="list-style-type: none"> ✔ Bread - wholemeal, 50:50 ✔ Other breads - Pitta, Bagel, English Muffin, Chapatti, Roti, Tortilla Wrap ✔ Pasta (e.g. pasta salad, leftover pasta bake) ✔ Rice ✔ Cous cous salad ✔ Plain Crackers and Crispbreads <p><u>Protein</u></p> <ul style="list-style-type: none"> ✔ Cold Cooked Meat - plain, marinated ✔ Tinned Fish ✔ Egg ✔ Houmous ✔ Bean Salad <p><u>Dairy</u></p> <ul style="list-style-type: none"> ✔ Cheese, cheese spread, cream cheese ✔ Yoghurt or Fromage Frais - Plain/Fruit flavour <p><u>Other</u></p> <ul style="list-style-type: none"> ✔ Jelly - sugar free <p><u>Drink</u></p> <ul style="list-style-type: none"> ✔ Water ✔ Plain Milk 	<p><u>Savoury Foods</u></p> <ul style="list-style-type: none"> ✔ Pastries and Pasties - Cheese and onion slice, Sausage Roll, Samosa etc ✔ Pizza slice - homemade or supermarket (add extra vegetables) ✔ Small bag baked / low fat crisps (e.g. Quavers, Pom Bears, French Fries etc) ✔ Dairylea Lunchables ✔ Dairylea Dunkers <p><u>Sweet Foods (comparable to a high sugar dessert)</u></p> <ul style="list-style-type: none"> ✔ Plain biscuit (e.g. digestive, rich tea, malted milk) ✔ Small un-iced cake / cake bar / Malt loaf ✔ Cereal bar without chocolate 	<p><u>Savoury Foods</u></p> <ul style="list-style-type: none"> ✔ Chips / Fries ✔ Hot or Cold Takeaway Food ✔ Crisps (including mini cheddars) <p><u>Sweet Foods</u></p> <ul style="list-style-type: none"> ✔ Chocolate Bars ✔ Chocolate spread ✔ Jam ✔ Chocolate yoghurts and mousse ✔ Sweets ✔ Chocolate covered biscuits and cereal bars ✔ Iced cakes <p><u>Drinks</u></p> <ul style="list-style-type: none"> ✔ Fizzy drinks - including diet ones ✔ Juice drinks - Capri Sun, Ribena, Rubicon etc (they often have as little as 6% fruit in them) ✔ Energy drinks - Lucozade, Red Bull, Monster, LSV etc 						
<p><u>Ideas for Sandwich Fillings</u></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">✔ Tuna and sweetcorn / cucumber</td> <td style="width: 50%;">✔ Ham, tomato and lettuce</td> </tr> <tr> <td>✔ Cheese, tomato / cucumber</td> <td>✔ Egg and cucumber</td> </tr> <tr> <td>✔ Tikka Chicken and salad</td> <td>✔ Cream cheese and tomato</td> </tr> </table>			✔ Tuna and sweetcorn / cucumber	✔ Ham, tomato and lettuce	✔ Cheese, tomato / cucumber	✔ Egg and cucumber	✔ Tikka Chicken and salad	✔ Cream cheese and tomato
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Remember an Ice Pack!