





Packed Lunches



Always 	Fridays 	Never 
<p>Fruit Vegetables Meat, fish or other source of protein (hummus etc) Bread Wraps Pittas Pasta Rice Cereal Plain Brioche Rice Cakes Yoghurts Cheese Biscuits* Crackers (mini cheddars) Popcorn Malt Loaf Banana Bread Cake* Flapjacks*</p> <p>*No chocolate</p>	<p>Crisps Chocolate Chocolate Cakes Chocolate biscuits Doughnuts Chocolate Chip Brioche Pain Au Chocolat</p>	<p>Nuts Nutella Peanut Butter Sweets</p>
<p>Water and Flavoured Water Fruit juice (not Fruit shoot, Capri Sun) Smoothie</p>		<p>Fizzy Drinks Energy Drinks Prime Drinks</p>

Break Snacks

Always 	Never 
<p>Fresh or dried Fruit Vegetables Cheese</p>	<p>Fruit Yoyos Fruit Winders Dairy Lea Dunkers</p>

