



Fairlawn Primary School Packed Lunch Policy

Under the guidance of the National School Food Standards, Fairlawn Primary School is mandated to regulate the food eaten by children on the premises. Our packed lunch policy reflects these requirements as well as our wish to provide a healthy environment for our students.

A balanced packed lunch

All packed lunches should include a main meal containing carbohydrates. This can be a sandwich or a suitable alternative such as pasta salads, rice salads, sushi etc... Please note that we are unable to heat up packed lunch food so it must be something which can be eaten cold or that is kept warm in a safe container. In addition to the main meal, some fruit, yoghurt, chopped vegetables, dips, crackers, breadsticks, or cereal bars can be included. Cereal bars must not be chocolate covered.

Pudding day

On Wednesdays our school meals come with a pudding, rather than the usual fruit or yoghurt. Packed lunches on pudding day may also contain a treat. One piece of cake, a muffin, mousse, or cookie would be sufficient to mirror the school lunch puddings. A chocolate bar cannot be used as a pudding.

Restricted food items

Packed lunches at Fairlawn must not contain chocolate, crisps, or any drinks other than water. Lunches will be checked daily in the dinner hall and any restricted items will be returned to the child to take home. If it is felt that removing the food item will impact the child's meal, a healthy alternative will be provided to ensure that they do not go hungry.

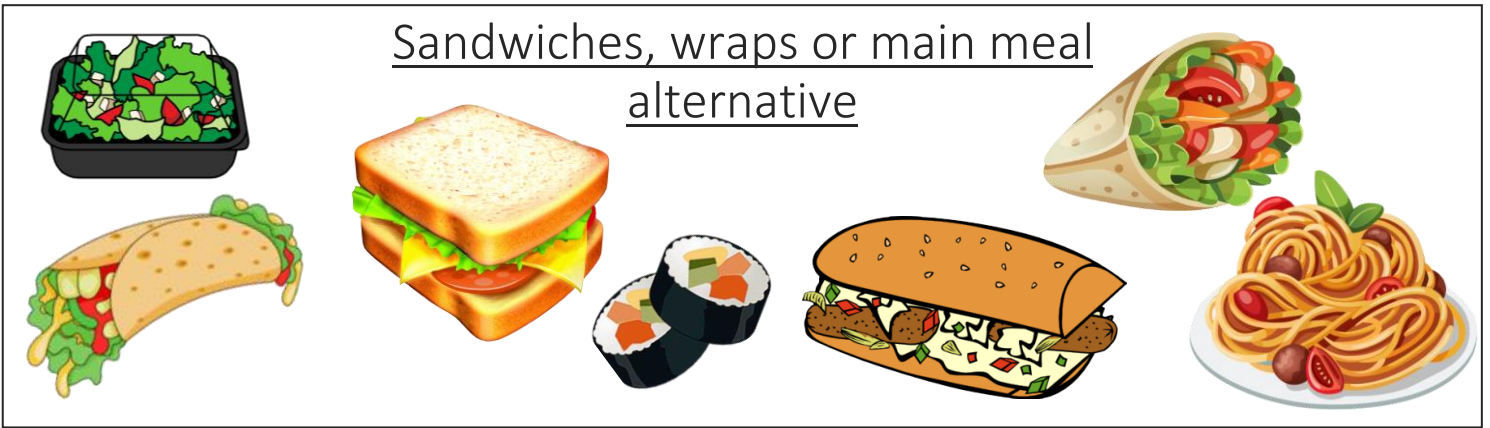
Nuts

For the safety of our children with nut allergies, all food in packed lunches must be completely **nut free**.

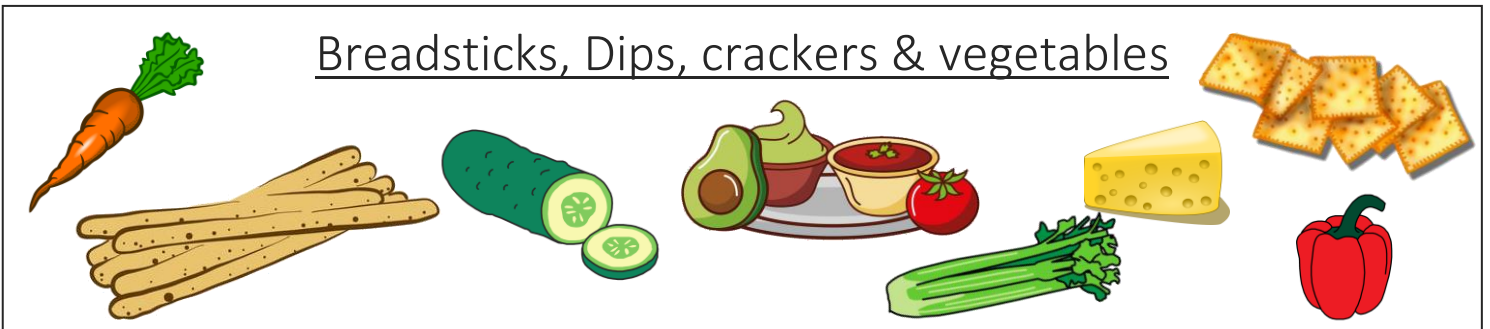
Fairlawn Packed Lunch Guide

For the safety of our children **NUTS MUST NOT** be brought into school

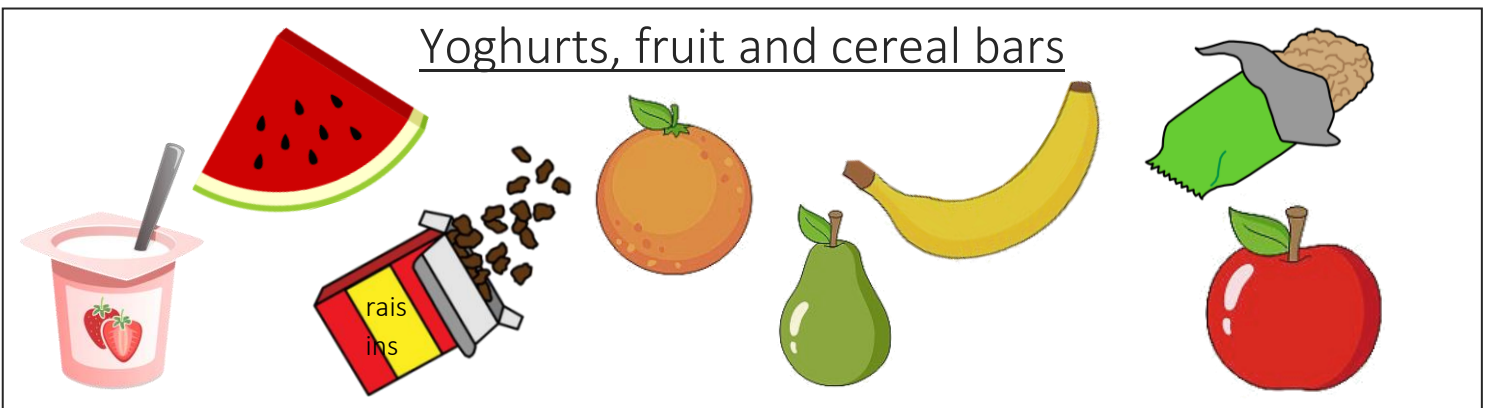
Sandwiches, wraps or main meal alternative



Breadsticks, Dips, crackers & vegetables



Yoghurts, fruit and cereal bars



Water

