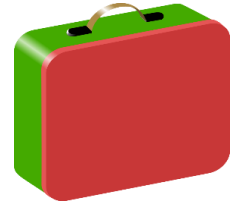


LUNCHBOXES

We know it's not easy for you to keep your child's lunchbox interesting and healthy day after day!
So why not let your School Catering Team do it for you?

Using our lunch box filling service has many benefits:

- ☺ We fill it with tasty and nutritionally balanced contents
- ☺ Their favourite lunchbox can still be carried to and from school
- ☺ Great variety of contents, freshly prepared each day
- ☺ Food is kept in refrigerated conditions until lunchtime
- ☺ You can bring your own lunch box and we will fill it for you
- ☺ If your child is entitled to **FREE SCHOOL MEALS** or in REC – Y2, this meal is **FREE**



**Just leave it to us to slice and dice,
While you go off and do something nice.**

Typical Contents

To help your child get a good balance of nutrients, we vary the content of a lunchbox each day, on a planned 3 week cycle.

Here is a typical daily contents. We aim to always provide:

- ☺ A portion of starchy food
- ☺ A portion of meat, fish, eggs, beans or other non-dairy source of protein
- ☺ At least 1 portion of fruit or veg
- ☺ A portion of milk or dairy foods
- ☺ £1.65 per day or £8.25 per week

To make use of this service, please fill the form below and return it to school with your child.



Lunch Box Order Form



Name of child _____ Class _____ Date _____

Please tick one food item **AND** one bread/wrap item each day you require

	Monday	Tuesday	Wednesday	Thursday	Friday
Egg					
Cheese					
Tuna					
Wrap					
Brown Bread					
White Bread					

If you would like your child continue these lunch choices every week please tick the box below.

I wish my child to continue with the above choices

Please return this form to school by the Friday the previous week. Thank you