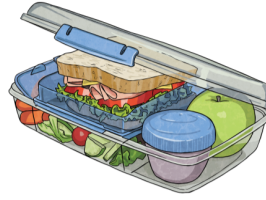
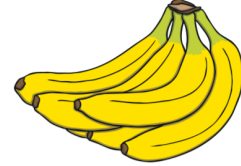


# St. Mary's Parochial School

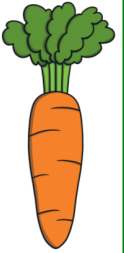
## Healthy Lunches



Fruit: banana, apples, grapes, berries, orange segments, pineapple, melon, mango, kiwi



Vegetables +/- dips: hummus, carrot/celery sticks, cherry tomatoes, sugar snap peas/mangetout, slices of sweet pepper, cold roasted vegetables, tub of sweetcorn



Salad/Soup: lettuce, tomato, cucumber, celery sticks, rice salad, bean salad, couscous, pasta salad – consider rice and corn pasta as an alternatives to wheat, soup (in a flask)



Bread ideally wholemeal pitta bread, bagels, rolls, wraps, baps, plain bread sticks, pancakes, crackers, water biscuits, rice cakes, corn cakes, wholemeal scones, homemade flapjacks/buns



Snacks: Popcorn, nuts and seeds, low fat yogurt, cheese



Fillings: cooked meat(rather than processed), cheese, eggs, fish



Drinks: Water and milk are best, unsweetened fruit juice, smoothies (homemade), yogurt/milk drinks

Children may not bring:

fizzy drinks, sweets, crisps, chocolate, cereal bars, biscuits

*Please use reusable water bottles and lunchboxes and avoid packaging, tin foil and clingfilm.*

