



Healthy Schools

Healthy News for Autumn

Why not start the new term having a school meal a couple of times a week? Begin the new school year by trying something new!

If you prefer packed lunches, make sure they are healthy and tasty. Look forward to lunchtime and enjoy a balanced meal to get you ready for the afternoon.

School meals are much healthier than they used to be. Choose the days you like from the menus and enjoy your lunch with a group of friends.

Don't forget to have a drink!

Here are some really tasty ideas for your lunchbox:-

Main

Sliced roast beef with a mixed rice and vegetable salad.

Chicken tortilla wrap with peppers, carrot and tomato.

Salmon pasta salad with peas and sweetcorn.

Wholemeal pitta with sardines and mixed salad.

Drinks

Fruit juice, Still or sparkling water, milk smoothie, yoghurt drink, flavoured milk drink.

Dessert

Dried apricots and orange segments.

Plum and a bio yoghurt.

Peach and a slice of raisin bread.

Seasonal berries and a fruit scone.

Currant bun and a Satsuma.

Crackers cheese and grapes.

Fruit yoghurt and a pear.

