



Westfield Nursery School Healthy Packed Lunches

Children of Nursery age only need 3-4 things in their lunch box.

It is a good idea to buy some small plastic pots with lids to store your child's food in, as they can be washed and used again. This reduces packaging waste.

Please choose at least one food from each group:

Starchy Foods (These foods give you energy and fill you up)

Sliced bread- white, wholemeal or seeded

Bread rolls- white, wholemeal or seeded

Bagel

Pitta bread

Chapatti or naan bread

Tortilla wraps

Rice, pasta or noodles

Crackers or crisp breads

Couscous



Protein foods (These foods help you grow)

Sliced, cubed or grated cheese

Cream cheese or cottage cheese

Cheese spreads or cheese triangles

Tinned fish e.g. tuna or sardines

Fish paste

Cooked egg

Corned beef

Hummus

Wafer thin sliced meat e.g. ham, chicken or turkey

Shami (chickpea and minced meat burger)

Quorn sandwich fillers





Vegetables and Salad Vegetables (These foods provide you with vitamins)

Lettuce

Cucumber- sliced or crudités

Tomato- sliced or cherry

Carrots- grated or crudités

Celery sticks

Pepper (red, orange, yellow or green) crudités

Tinned sweetcorn (with tuna or cottage cheese)



Fruit (These foods give energy and keep you healthy)

Apple slices

Pear slices

Banana

Satsuma or clementine

Nectarine, peach or plum

Grapes (please cut in half to reduce risk of choking)

Tinned fruit- peaches or pineapple

Dried fruit- raisins, currants or apricot pieces

(Remember for healthy teeth dried fruit is not recommended as a snack between meals)



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Please remember to cut small fruit such as grapes/ blueberries in half as they are a choking risk.

If your child is having a packed lunch each day it is a good idea to put in some food from the group below

Dairy Foods (These foods help you have strong teeth and bones)

Hard cheese, cheese triangles, or processed cheese spread

Plain or fruit yoghurt (Yoghurt is better than fromage frais)

Milk drink

Tinned sardines or pilchards

Pot of custard or rice pudding



Other energy boosters you may want to include

Malt loaf

Croissant

Currant bun or tea cake

Mini pancake or scotch pancake

Bread stick or cheese straws

Plain, cheese or fruit scone

Cheesy biscuits





Please remember: Crisps, cake and chocolates should be considered treat foods and should not make up the main part of your child's packed lunch; they can be included occasionally as a treat. Please do not include fizzy or high sugar drinks.

Remember we are a no nuts site- please do not include any products containing nuts.



Some young children like to have the same lunch every day. For example, they may want a small sandwich with the same filling, a pot of yoghurt and a piece of fruit. If this is the case, do not worry, this is a healthy lunch.

Please only put in your child's lunch box what you expect them to eat. Please do not put them off their lunch by including too much food.

In hot weather it is a good idea to put in an ice block to keep the food cool.

Sorry, we do not have facilities to warm food.



Ideas for Healthy Packed Lunches:

Cheese roll Carrot sticks Halved grapes Slice of malt loaf	Tuna and sweetcorn in a pitta bread Cucumber sticks Fruit yoghurt Mini pancakes
1-2 Chapati Small pot of dahl Clementine segments Currant teacake	Egg sandwich Red pepper sticks Mini packet of cheese biscuits 1 fromage frais
Plain bagel with cheese triangle Halved cherry tomatoes Pot of fruit Pot of custard	Bread sticks + hummus Carrot + cucumber sticks Banana Cheese cubes with raisins
Turkey and cucumber wrap Pear slices Piece of plain cake Milk drink	Small pot of pasta with grated cheese Pot of rice pudding Apple slices Fruit scone