

Pendragon operates a Wicked Wednesday treat day, and confectionery should be restricted to this day. By not including it you're also not tempting your child to eat sweets during our fruit or vegetable only snack time. For healthier treats why not try a currant bun, a scone, fruit loaf, flapjack, carrot cake or a cereal bar instead.



Keep it cool! Freeze a carton of juice or a bottle of water the night before and add it to the lunchbox in the morning to act as an ice pack, use an insulated lunchbox, or make the lunch the night before and keep it in the fridge overnight.

Making your child's lunchbox appetising and healthy doesn't mean they have to miss out on the foods they enjoy; it is simply a matter of getting a balance and eating a variety of foods.

PENDRAGON COMMUNITY PRIMARY SCHOOL



A guide to healthier packed lunches



Healthy Schools
CAMBRIDGESHIRE

School lunches at Pendragon are provided by Cambridge Catering Services, the menus are planned to meet new healthy eating standards set by the Department for Education and Skills (DfES). As a health promoting school, we recommend that children who prefer to bring a packed lunch, also eat a healthy balanced meal. Below is a guide to what a healthy lunchbox should contain.



Starchy Carbohydrates e.g. Bread, Cereals, Rice or Pasta

A good portion of starchy food will help your child to feel full up, and using a wholegrain variety of bread, rice and pasta will provide a slow release of energy. You could make a sandwich - try to use a variety of breads such as multigrain bread, rolls, chapatti, pitta, bagels or tortilla wraps. Or, you could make a salad with a base of pasta, potatoes, couscous, lentils, chickpeas or rice.

Lean Meat, Fish or Vegetarian Alternative

A protein product will help your child to grow. You can make them part of a sandwich filling such as ham, chicken, beef, egg, tuna, mackerel, sardines, cheese, cottage cheese or hummus. Or, beans and lentils can be added to a salad.





Fruit and Vegetables

Try to include plenty of fruit and vegetables. Using all colours of the rainbow will ensure your child receives a wide variety of vitamins and minerals, as well as make their lunchbox more colourful and fun. You could include some vegetables in a sandwich or salad, such as lettuce, rocket, spinach, cucumber, tomato, sweetcorn, or peppers. Prepare vegetable sticks of celery, carrots, peppers, or cucumber to eat alone. You could even try a flask of vegetable soup. As well as fresh fruit, you could provide canned or dried fruit, or offer fruit salad or stewed fruit as a dessert. If your child won't eat fruit, try a smoothie or a carton of unsweetened fruit juice.

Milk or Dairy Product

A dairy product will provide a good supply of calcium for growing bones and teeth. Try a pot of low fat yoghurt or fromage frais, an individual cheese portion, or cheese spread, a carton of semi-skimmed milk, a yoghurt smoothie or a drinking yoghurt.



No lunch is complete without a drink, try water, milk, unsweetened fruit juice (not from concentrate) or smoothies. Not fizzy drinks. Drinks should be carried in a non breakable, leak proof container. Fresh drinking water is available throughout the day. Keeping hydrated helps children stay alert and improves concentration.