

BURFORD SCHOOL

SUGGESTIONS FOR HEALTHY PACKED LUNCHES

Menus suitable for children aged 5-8 years	
Day 1 Banana sandwich with wholemeal bread Cherry tomatoes Hard-boiled egg Low fat fruit yoghurt Box of raisins Semi-skimmed milk	Nutritional Information Energy 521 kcals, protein 25.1g, fat 11.6g of which saturates 4.6g, carbohydrate 84.9g, sugars 7.6g, sodium 578mg, salt 1.4g
Day 2 Salmon & rice salad (with peas, sweetcorn & spring onion) Melon & satsuma kebabs Soy milk, banana & strawberry smoothie	Nutritional Information Energy 419 kcals, protein 22.5g, fat 8.1g of which saturates 1.4g, carbohydrate 68.2g, sugars 0g, sodium 293mg, salt 0.7g
Day 3 3 oatcakes with Red Leicester cheese Reduced salt ham Cherry tomatoes, Carrot & Cucumber sticks Fruit in jelly Dried apricots Semi-skimmed milk	Nutritional Information Energy 532 kcals, protein 21.3g, fat 15.5g of which saturates 7.5g, carbohydrate 82.2g, sugars 8.6g, sodium 668mg, salt 1.6g
Day 4 Tomato, mozzarella & pastrami ciabatta pizza Carrot sticks Kiwi & strawberry fruit salad Reduced-fat strawberry fromage frais Bottle of water	Nutritional Information Energy 513 kcals, protein 33.2g, fat 13.7g of which saturates 4.8g, carbohydrate 68.4g, sugars 0.6g, sodium 668mg, salt 1.7g
Day 5 Chicken & couscous salad (with spring onion, red pepper & cherry tomatoes) Pear Banana milk	Nutritional Information Energy 505 kcals, protein 25.6g, fat 5.3g of which saturates 1.4g, carbohydrate 93.9g, sugars 13g, sodium 148mg, salt 0.4g

BURFORD SCHOOL

SUGGESTIONS FOR HEALTHY PACKED LUNCHES

Menus suitable for children aged 9-12 years	
<p>Day 1 Salmon & low fat cream cheese bagel Carrot sticks Apple slices Malt loaf Bottle of water</p>	<p>Nutritional Information Energy 526 kcals, protein 25.9g, fat 14.8g of which saturates 8.0g, carbohydrate 83.8g, sugars 0.3g, sodium 671mg, salt 1.7g</p>
<p>Day 2 Pastrami & reduced fat cottage cheese wholemeal pitta with lettuce and tomato Cucumber sticks Banana Semi-skimmed milk</p>	<p>Nutritional Information Energy 543 kcals, protein 35.2g, fat 7.6g of which saturates 3.6g, carbohydrate 98.7g, sugars 0g, sodium 808mg, salt 2.0g</p>
<p>Day 3 Sliced beef roll with cucumber & lettuce Reduced fat coleslaw Low fat fruit yoghurt Pear Bottle of sparkling water</p>	<p>Nutritional Information Energy 499 kcals, protein 28.8g, fat 14.4g of which saturates 4.0g, carbohydrate 67.7g, sugars 12.2g, sodium 663mg, salt 1.7g</p>
<p>Day 4 Chicken couscous with mushrooms, pepper & onion Pineapple pieces Milkshake</p>	<p>Nutritional Information Energy 612 kcals, protein 361.1g, fat 7g of which saturates 2.6g, carbohydrate 112.0g, sugars 13.0g, sodium 139g, salt 0.3g</p>
<p>Day 5 Prawn noodles with mixed vegetables Fruit salad Fruit fromage frais Scotch pancake Orange juice</p>	<p>Nutritional Information Energy 523 kcals, protein 24.0g, fat 10.5g of which saturates 3.8g, carbohydrate 88.5g, sugars 12.7g, sodium 726mg, salt 1.8g</p>

Information taken from 'Food Policy in Schools, a strategic policy framework for Governing Bodies, revised September 2007'. Further information on healthier packed lunches can be found on the EatWell site via the following link: <http://www.eatwell.gov.uk/agesandstages>