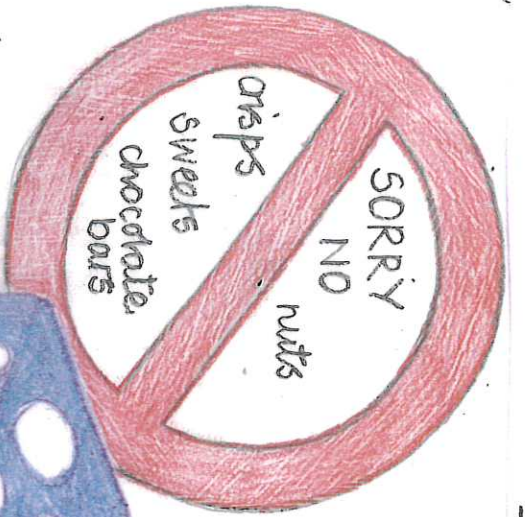


Trinity Oaks Packed Lunch Guidance

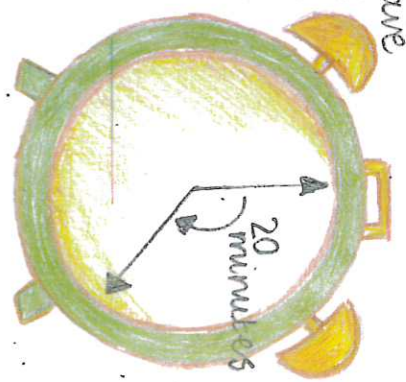


We are a 'Healthy school'

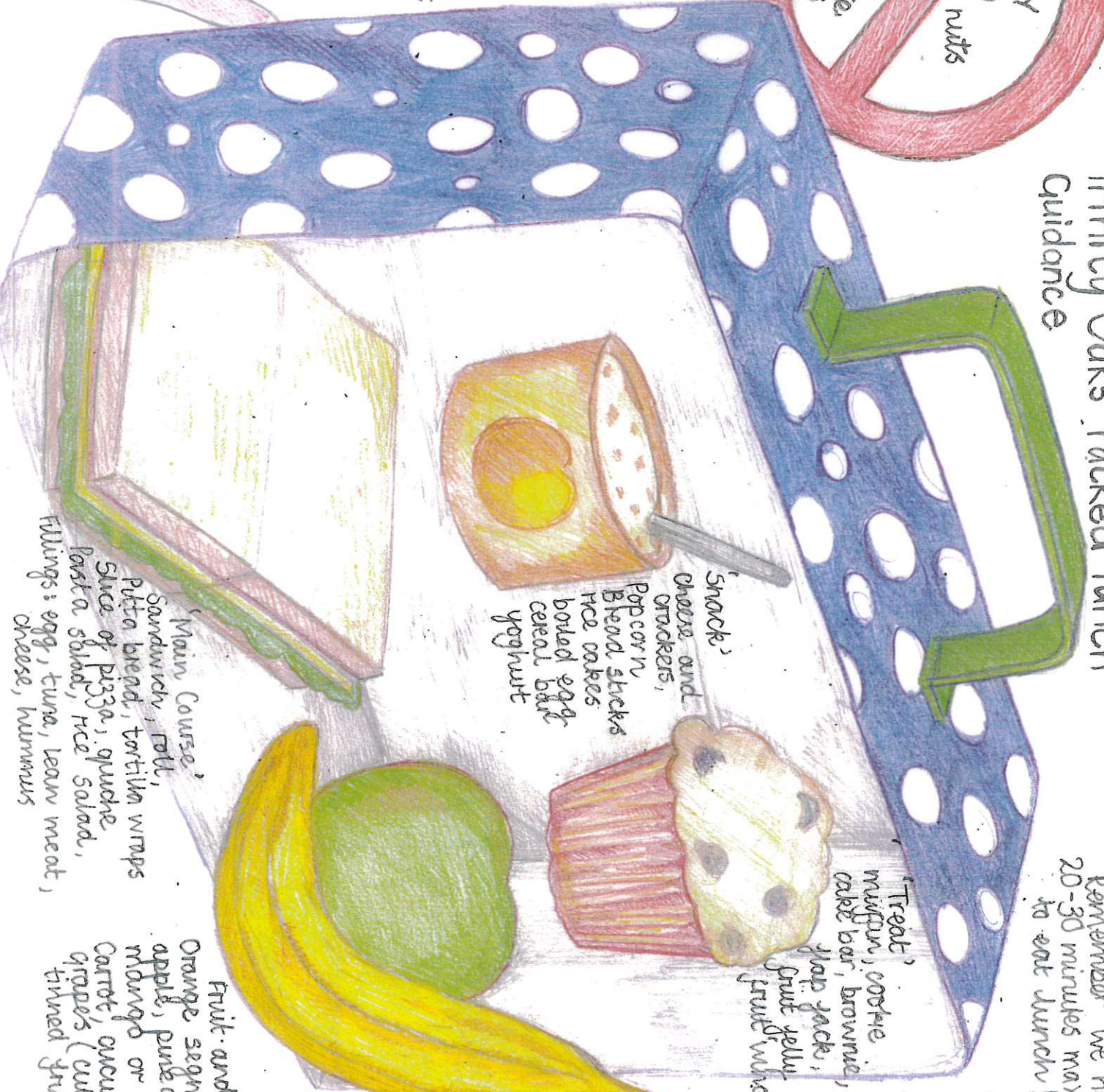
5 Items is about right!



Remember we have 20-30 minutes max to eat lunch!



Water and cups are provided so drinks are not needed.



'Snack'
cheese and crackers,
Popcorn
bread sticks
rice cakes
boiled egg
cereal bar
yoghurt

'Treat'
muffin, cookie
cake bar, brownie,
flap jack,
fruit jelly
fruit wafers

'Main Course'
Sandwich, roll,
Pita bread, tortilla wraps
Slice of pizza, quiche
Pasta salad, rice salad,
Fillings: egg, tuna, lean meat,
cheese, hummus

Fruit and vegetables
Orange segments, slices of
apple, puné apple, kiwi, pear
mango or melon
Carrot, cucumber, celery sticks
grapes (cut in half please)
finned fruit, raisins, dried fruit

