



Firs Farm Primary
School
Healthy Packed Lunch
Leaflet



Green Foods

You should include these foods on a **daily basis**.

1 portion of fruit and 1 portion of vegetables. This could include fresh, tinned or dried.



A type of starchy food such as bread, rice, pasta, pittas, bagels, wraps etc. Try to include wholegrain varieties



Meat, fish or other sources of non-dairy protein (e.g. lentils, kidney beans, quorn, chickpeas, eggs).

Dairy food such as milk, cheese, fruit yoghurt or fromage frais.

Water, squash or milk drink.



Amber Foods

These types of food could be included up to **three times a week**.

Plain biscuits, oat biscuits, flapjacks or fig rolls



Small plain or fruit cakes such as scones, tea cakes or malt loaf

Plain corn or rice cakes



Red Foods

Two items of these foods could be included on **Friday's only and school trips day**. They are **not to be included during any other day of the school week**.

Chocolate biscuits and cake bars



Any type of crisps



Processed meat products such as sausage rolls, pies, corned beef, **pasties**, **pepperami** or sausage rolls.

