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## GUIDELINES FOR SCHOOL LUNCHES AND PACKED LUNCHES

Since September 2006 there have been new standards for food provided in schools in support of the government's initiative. The school cooked meals now avoid poor quality processed food, cook more from basic ingredients, restrict the times deep fried foods are served and offer red meat and fish twice per week.

For those children who have a packed lunch the school requests that parents provide a lunch that meets the same basic standards as those provided in the school dinner.

These standards are:

To include:

- A starchy food which is not cooked in fat such as bread, chapatti, bagel, wrap, rice or pasta
- A protein food such as meat, fish, egg, cheese, pulses
- At least one portion of vegetables, for example, salad items in a sandwich, rice salad or vegetable sticks
- At least one portion of fruit including a dessert with fruit; fresh, dried or tinned fruit or a fruit juice
- A dairy food, for example yogurt or cheese
- A drink such as water, plus the fruit juice, yogurt drink or milk if selected from the list above
- No fizzy drinks
- No confectionery or packaged savoury snacks.

There is growing evidence of the effect of poor diet on our school children both in terms of their health, behaviour and performance at school and on their health as adults.

