Healthy Packed Lunches at Tachbrook

Lunchtimes are a wonderful learning opportunity for children. Children have time to enjoy a healthy lunch, develop friendships, sit and have conversations with peers and staff.

Please support us by following our guidelines for a healthy lunch:

★Please provide a seal/ zipped lunch bag/ container with your child's name clearly marked on it.
We are a water only school so we will provide your child with water- and encourage them to drink plenty.
★ Include food that is high in carbohydrates such as bread, wraps, pasta or rice.
★ Add some protein such as chicken, cheese, tofu, beans etc…
★ Add some vegetables such a carrot sticks, cucumber or tomato: and some fruit such as apple, pear, banana.
★ If you send in grapes/ baby/ cherry tomatoes, please cut them in half, lengthways as whole Grapes/ tomatoes are a choking risk for young children.
★ Please do not add chocolate, crisps, biscuits, cake or sweets. These tend to be high in sugar, fat and salt. These can lead to weight gain and are bad for teeth.
★ No nuts or nut products - due to allergies.

THANK YOU FOR WORKING WITH US TO HELP YOUR CHILDREN MAKE HEALTHY CHOICES!