



Packed Lunch Policy

Rationale

Mandeville Primary School aims for all children to develop healthy lifestyles both for their time at Mandeville and into their adult life. Children who have a filling, healthy and nutritious lunch are better able to concentrate in lessons and, as a result, this supports their learning.

Mandeville school offers healthy school lunches through our own kitchen and these are available to all pupils (free in Reception and KS1) and priced at £1.50 per day for all other year groups.

We understand that in some cases parents/ carers may not wish to take up this offer and we therefore allow children to bring a packed lunch to school. However, we ask that this is healthy and nutritious and in line with this policy. This is to meet our aim of all children having an appropriately healthy lunch at Mandeville.

Acceptable items

A packed lunch should contain one item from each of the four food groups as shown below.

Bread, Rice, Pasta, Potato	A Protein eg: sandwich filling	Fruit & Veg	Milk & Dairy foods
This can be a roll, bagel or pitta bread, a wrap or a pasta, rice, couscous or noodle salad.	This can be meat, chicken, tinned fish, beans, hummous, egg or cheese	This can be salad, carrots, celery, tomatoes or cucumber. Also all kinds of fresh fruit, dried fruit.	Including cheese of all kinds, yogurt or fromage frais, semi-skimmed milk.
*These starchy foods are important for children. They are filling and provide energy.	* Growing children need the protein, iron and vitamins these foods provide.	*These foods provide fibre and vitamins which help to keep your child healthy.	* The calcium and protein in this food group are needed for building strong bones & teeth.

Foods high in fat or sugar are not recommended and In addition there are a number of items that are not allowed. These include: crisps, fried food (especially as it will be cold), sweets, chocolate bars or biscuits, chocolate spread or cereal bars. These are examples for guidance and other similar items may be deemed unacceptable if they break our guidelines. We recommend water for children to drink and fizzy drinks, fruit juices and flavoured water are not allowed. Bottled water or milk is allowed.

Support for Parents / Carers

We ensure that parents and carers are fully informed about the packed lunch requirements through individual letters, newsletter and website. In addition we produce guidelines on healthy packed lunches with examples menus to support with healthy suggestions. Any parents / carers wishing their children to start having packed lunches are asked to sign a packed lunch agreement. Copies of all the relevant documents are easily accessible at the school office.

We actively identify and inform families who may be entitled to free school meals and the school office will support parents and carers wishing to apply. This is a part of our admission process for any new children joining the school

Monitoring / Unacceptable items in packed lunches

Packed lunches are monitored regularly and in cases where unacceptable items are brought into school parents will be informed and these may be removed from the

child's lunch. In this case and the child will be offered healthy alternatives from the school lunch menu and parents/ carers will be informed of this through a note home identifying the items removed. In cases of repeated issues with packed lunches a member of SLT will contact the family directly.

Policy review date: October 2018