



Our Lady's Girls' School

Healthy Lunches

We encourage healthy lunches for our pupils. We recommend the following guidelines as to what might be included in your child's lunchbox.

<i>RECOMMENDED</i>	<i>NOT RECOMMENDED</i>
<i>Sandwich (not in tinfoil)</i>	<i>Yoghurts/Frubes</i>
<i>Bread rolls/Wraps (not in tinfoil)</i>	<i>Cartons of drink/Fizzy drinks</i>
<i>Crackers</i>	<i>Crisps/Popcorn</i>
<i>Fruit (small portion)</i>	<i>Jelly</i>
<i>Vegetable (small portion)</i>	<i>Chocolate/Sweets</i>
<i>Cheese portions</i>	<i>Cake/Buns/Biscuits</i>
<i>Drink (in a reusable container)</i>	<i>Chocolate spread/Peanut butter</i>
	<i>Nuts</i>

All leftover pieces of lunch, containers, fruit skins and wrappings must be brought home.

We are very grateful for your cooperation in this matter.

**Please note; There is a child with a severe nut allergy in the Infant block.*