



Guru Nanak Sikh Academy

Aspire ~ Acquire ~ Achieve

Founder: Sant Baba Amar Singh Ji

Chief Executive Officer: Mr Jaskamal S. Sidhu



Thursday, 12th January 2023

Dear Parent/Carer

"A healthy diet is a balanced diet"

As a school, we are focusing on a healthy lifestyle for our children, and to that end, we would like to encourage you to think about what you are putting into your child's lunchbox. I am writing to clarify our expectations on healthy eating so that everyone can better understand and adhere to the requirements. We are a healthy school and it is very important to have a healthy packed lunch each day and a healthy snack.

Below is a list of foods that we encourage and also a list which we are discouraging in school. We understand the difficulty that some children have with lunch and we are here to work with you to ensure we can support this process.

<u>Yes, we encourage these items</u> 	<u>Items that are discouraged as a snack or in the lunch box</u> 
<ul style="list-style-type: none"> • Portions of fruit • Portions of vegetables • Yoghurt pots • Wraps • Quorn based slices to put in sandwiches • Rice (stir fry / biryani) • Cheese cubes • Olives • Cheese sandwich • Handful of popcorn (homemade) • Pasta • Chickpea & potato curry • Lentils (dhal) • Quorn pieces into a stir fry/ curry • Cous cous • Noodles • Naan bread • Dried fruits (such as raisins, apricots) • Oil free Paratha 	<ul style="list-style-type: none"> • Jam Sandwiches • Chocolate coated biscuits • Chocolate bars • Samosas • Indian sweets • Cakes • Fizzy drinks • Juice cartons • Sweets • Pizza • Sugar Jelly • Pancakes • Chocolate coated pancakes • No Nutella • Nuts

If any items of snack or lunch have been bought in, which are not permitted and they continue to be brought into school, as a healthy school, we will return the item to parents/carers at the end of the school day. To clarify, due to allergies, children **should not** be bringing nuts into school.

If you have any questions, please do not hesitate to get in touch.

Thank you for your co-operation.

Regards

T. Pankhania

Mrs T Pankhania
PSHE Lead

My Lunch Box

1.



2.



3.

