

# Spring & Summer Week One Spring & Summer

## MONDAY

Cheese and Tomato Pasta Bake

Crumble & Custard

## TUESDAY

Chicken or Tuna Wrap

Lemon Drizzle Cake

## WEDNESDAY

Roast Pork

OR

Cheese & Red Onion Tart

Flap Jack

## THURSDAY

Beef Burger in a Bun

OR

Vegetarian Burger in a Bun

Chocolate Cake &  
custard

## FRIDAY

Fish Fingers & Chips

OR

Jacket Potato with cheese,  
beans or tuna

Ice Cream

# Spring & Summer Week Two Spring & Summer

## MONDAY

Hot Dog

OR

Vegetarian Hot Dog

Crumble

## TUESDAY

Chicken Curry & Rice

OR

Vegetarian Curry & Rice

Carrot Cake

## WEDNESDAY

Roast Gammon

OR

Creamy Vegetarian Pie

Choc Krispy Cake

## THURSDAY

Spaghetti Bolognese

OR

Vegetarian Bolognese

Iced Sponge

## FRIDAY

Fish & Chips

OR

Jacket Potato with cheese,  
beans or tuna

Ice Cream

# Spring & Summer Week Three Spring & Summer

## MONDAY

Cheese & Tomato Pizza

OR

Jacket Potato with cheese, beans  
or tuna

Crumble

## TUESDAY

Sausage & Mash

OR

Vegetarian Sausage & Mash

Sultana Sponge

## WEDNESDAY

Roast Turkey

OR

Cheese & Red Pepper Whirl

Fruit and Ice Cream

## THURSDAY

Chilli Wedge Bake

OR

Vegetarian Chilli Wedge Bake

Shortbread

## FRIDAY

Fish Cake & Chips

OR

Jacket Potato with cheese,  
beans or tuna

Ice Cream

## Why healthy lunchboxes?

It is very important for children to eat five portions of fruit and vegetables per day. Nutritious food helps children grow healthily, concentrate and feel happy. Children who eat a healthy diet are more likely to learn healthy habits for life and more likely to grow

## Packing your child's lunchbox...

**Remember to pack a food from each food**

### Vegetables:

- > Carrot Sticks
- > Cherry Tomatoes
- > Celery Sticks
- > Cucumber Slices

### Dairy:

- > Cheese
- > Yoghurt
- > Milk

### Fruit:

- > Satsumas
- > Apples
- > Bananas
- > Raisins



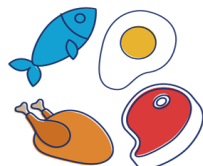
### Carbohydrates:

- > Bread
- > Bagel
- > Rice
- > Pasta



### Proteins:

- > Chicken
- > Ham / Turkey
- > Tuna
- > Boiled Egg



## Sugar

Sugar is a high calorie food that leads to obesity, diabetes, heart disease and tooth decay if eaten too often. Make it the exception not the rule. Sugar makes children feel hyperactive so avoid sugar before taking naps or bed time.

Did you know...?

A carton of Ribena 288ml has **11 tsp of sugar!**

A can of coke has **10 tsp of sugar!**

## Water

It is very important that children drink plenty of water. It helps them:

- > Stay refreshed
- > Digest their food properly
- > Keep alert

Your child should drink **six to eight glasses** of

## Healthy Snacks!

You can pack nutrition as well as offering children a healthy snacks.

- > Dried Fruit
- > Low sugar biscuits
- > Fruit Loaf

# Meadow High School



Enclosed is our Autumn/Winter dinner menu which contains a wide range of dinners with a selection of fresh vegetables , homemade desserts and fresh fruit.

We would also like to offer you some healthy lunchbox suggestions to help provide your child with a healthy lunch which complies with the

Here are some useful websites that share information on healthy school dinners, tasty recipes and helpful tips for making healthy packed lunches.

<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.gov.uk/school-meals-healthy-eating-standards>