

## Valley Invicta Primary School at Kings Hill

### Packed lunch guidelines

(As agreed by the RRSA Ted & SVLT Teams)

<b>Allowed</b>	<b>Not allowed</b>
<p style="text-align: center;">Fruit (fresh or dried) Vegetables Yogurts - only fruit flavours (No chocolate mousse) Fruit/oat bars</p> <p style="text-align: center;"><u>Savoury items:</u> Sandwiches/wraps/bagels Salads Pasta/rice dishes Cultural dishes such as chapati, paratha etc Cold meats/Pepperami Sausage/vegetarian rolls Breadsticks/crackers &amp; dips (e.g. hummus) Portions of cheese Sushi</p> <p style="text-align: center;"><u>Drinks</u> Water Squash diluted with water Flavoured water Juices such as orange, apple etc</p>	<p style="text-align: center;">NUTS – Peanut butter or Nutella as a filling Nut bars</p> <p style="text-align: center;">Jam as a sandwich filling</p> <p style="text-align: center;">Sweets Chocolate Cake</p> <p style="text-align: center;"><u>Drinks</u> Fizzy drinks Fruit shoot</p> <hr/> <p style="text-align: center;"><u>Treats</u></p> <p style="text-align: center;"><b>One item to be selected per day:</b></p> <ul style="list-style-type: none"> <li>● One chocolate biscuit, e.g. penguin bar or KitKat (must have biscuit/water inside)</li> <li>● One bag of crisps (be mindful of salt content)</li> <li>● Biscuits, e.g. Jammie Dodgers, Party Rings miniature bag</li> </ul>

A child is allowed a piece of cake following their own birthday