



Healthy Eating St Farnan's

Lunch Box

- water/ juice
- filled roll/ sandwich/ wrap
- 2 pieces fruit - apple, pear, berries
- vegetables - carrot sticks
- crackers
- pasta/ salad

NOT Allowed

- cans/ bottles of fizzy drinks eg coke,
- sports/ energy drinks eg monster, red bull
- crisps/ taytos
- sweets/ jellies
- chocolate

Treat Friday

- Small packet of sweets/ jellies
- Small bar chocolate
- Small muffin/ donut/ bun