



Does your child bring their own packed snack/lunch/tea?

At The Blue Door Nursery we are committed to healthy eating. For this reason we would like to give you some guidance regarding the contents of your child's snack/lunch/tea box. We also have to bear in mind that we are caring for some children who suffer from severe food allergies and we cannot risk having certain foods on site, please respect these requirements we have the well-being of all our children to consider.

Please include any of these food items	Please do not include any of these food items
• White or wholegrain - sandwiches, rolls, panini, pitta bread ,tortilla wraps, bagels, plain naan bread • Sliced meat - chicken, fish, ham (cut into strips) • Cheeses – edam cheese slices, cheese spread (cut into strips) • Vegetable fillings, salad fillings, tofu, pulses • Cooked pasta, rice, noodles, couscous, potato salad, hard boiled eggs (no runny yolk) • Breadsticks, crackers, rice cakes • Vegetables - (cooked or raw) sliced carrot, cucumber, pepper, celery (cut into narrow batons), tomatoes (cut in half and then quarter), sweetcorn, peas • Fruits – apple, pear, banana, orange, plum, peach, melon, pineapple (cut into slices), grapes , raspberries , strawberries, blueberries (cut in half and then quarter) • Dried fruits - raisins , apricots (cut into small pieces) • Crisps (small packets preferably) • Yoghurt or fromage frais, rice pudding, custard • Drinks - bottled water (we always have drinking water available)	• Nuts (this includes peanut butter, nut cereal bars and <u>some</u> chocolate spreads) • Please also consider sauces, such as pesto as these <u>may</u> contain nuts • Confectionery (chocolate, sweets, popcorn, marshmallows and cereal bars)

If your child is here for a morning and/or afternoon session and their packed snack/lunch/tea includes foods that need to be chilled, then could you please include an ice-pack inside the lunch box as it will go on our snack/lunch/tea shelf.

If you have any questions please feel free to ask!

