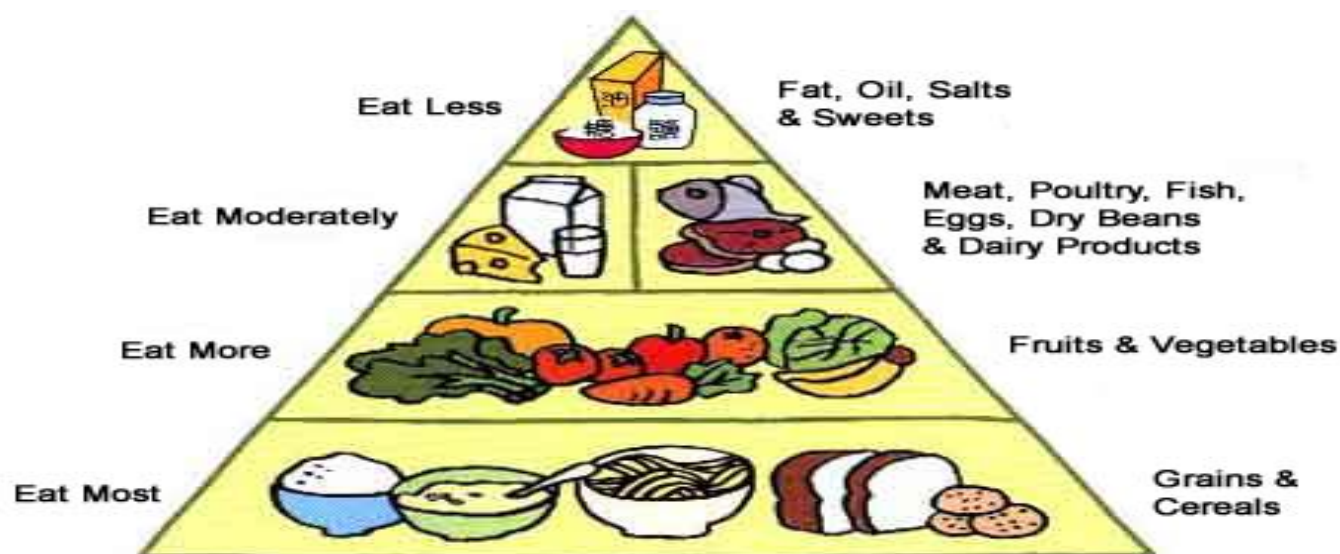


St Maelruain's Healthy Eating Policy

Every Day	Fridays and Treat Days (One of the following)	Never
Foods: Fruit, Cereals (non chocolate) Yogurt, Sandwiches, Crackers, Scones, Wraps, Rolls with Cheese, Cold meats, Tuna, Salads, Pasta, Soups in Flasks Rice Cakes, Homemade Popcorn, Chocolate Spread / Jam.	Treat-Size bar of chocolate Cereal Bar Any kind of biscuits (Max 2) Cake Crisps Jelly Corner yoghurt	Chewy Bars Fizzy Drinks Lollipops Chewing Gum Nuts Frubes.

Pupils may bring a treat on a Friday, if parents wish.

A very simple approach to healthy eating is to use the Food Pyramid:



Fruit & Vegetables 4 + portions per day

School Lunches

Lunches are provided in school free of charge so please keep this in mind when preparing your child's lunch. These lunches are as follows:

Milk	Sandwiches	Fruit
Milk everyday	Monday: Cheese Tuesday: Chicken Wednesday: Corn Beef Thursday: Cheese Friday: Ham	Monday: Oranges Tuesday : Apples Wednesday: Bananas Friday: Apples

