



# Forest Gate Community School

18<sup>th</sup> July 2018  
Ref: SS/NS

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Associate Headteacher: Charlotte Whelan  
Executive Headteacher: Simon Elliott

Dear Parent/Carer

## Re: Packed Lunch Pass

It is our expectation that your child has a healthy midday meal each day. Our canteen offers a substantial and reasonably priced meal each day, to view the menu please [click here](#).

If your child will **not** be eating from the canteen at lunchtime they will require a packed lunch pass. Please fill in Google Form below to obtain a packed lunch pass.

<https://goo.gl/forms/Zlt6wFBQ9cVwGLph2>

Our expectation is that if your child is bringing a packed lunch it should contain the following:

- a starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles, these foods are good for children to fill up on
- a good source of protein, iron and zinc such as meat, fish, beans, nuts or eggs
- a good source of calcium such as milk, cheese, yoghurt or fromage frais
- one portion of fruit and one portion of vegetable or salad to provide all the other vitamins and minerals. A piece of fruit could be a piece of fresh fruit, dried fruit or tinned fruit in fruit juice. A piece of vegetable could be a fresh vegetables such as carrot stick, salad or a vegetable soup or vegetable dish.

Packed lunches should not include:

- high fat, high salt, high sugar snacks such as crisps, sweet popcorn, etc.
- confectionery such as chocolate bars, chocolate coated biscuits, sweets and chewing gum. Chocolate spread, honey, jam or marmalade as a sandwich filling. Cereal bars and fruit bars.
- fizzy and sugary drinks or fruit flavoured squash. This includes diet drinks and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children.

Without a packed lunch pass your child will need a fully topped up SQuid account or be entitled to free school meals.

In order to keep you informed and support our commitment to healthy eating we will be regularly monitoring your child's lunch. We have found this term that too many children are not having any form of midday meal which affects their concentration and wellbeing.

If you have issues providing lunch for your child please contact your child's Head of Learning or our Family Support Worker.

Yours sincerely

Mr Shapland  
Head of Food and School Food Champion