

Maple Tree's Packed Lunch Policy

We are a vegetarian nursery who are proud to be part of 'Food for Life'. We also have a lot of children with serious allergies on site and so we have compiled a list of approved foods that you may bring in your child's lunch box, please see the list below.

You will need to ensure you provide enough food and snacks for your child to have something at every meal time. These are Breakfast before 8.30am, snack @ 10am, Lunch @ 11.45, snack @ 2pm and tea @ 4pm.

- Vegetarian Sandwiches - Cheese, vegetarian spread, quorn slices
- Vegetarian wraps
- Bagels
- Pre-Toasted Crumpets/scotch pancakes
- Buttered Scones
- Rice cakes/oat cakes/crackers
- Vegetable sticks - carrot, cucumber
- Salad - appropriately cut up
- Fruit - appropriately cut up. Round fruit such as Grapes, strawberries and cherry tomatoes must be cut into quarters for all age groups
- Cold, vegetarian pasta
- Breadsticks
- Small cupcake
- 2 small biscuits
- Yoghurt - on cooler days only
- No Meat
- No Nuts
- No Sesame seeds
- No Shellfish
- No egg products
- No Jam/honey
- No chocolate
- No Chocolate spread
- No fruit juices/squash/
- No Caffeine/Energy drinks/fizzy drinks
- No chewing gum
- No sugar coated sweets
- No Crisps or any packet savoury snacks high in salt and fat
- Sugared / toffee and salted popcorn
- No Marshmallows



You will not need to provide a drink for your child, Nursery will continue to provide fresh drinking water and milk throughout the day.

We follow guidance from our 'Food for Life' team and also the Early Years Foundation Stage Nutrition Guidance, please see the link below.

[Early Years Foundation Stage nutrition guidance](#)

It's important to start your child on a healthy eating journey from the moment they are born, this will ensure they grow up as strong and healthy as they can possibly be, and allow them to make healthy choices for themselves as they grow older.

Please help us to develop this in your child/children, thank you.