

Address
Stanycliffe Lane,
Middleton,
Manchester.
M24 2PB

Office
0161 643 3271

Email
office@st-johnfisher.co.uk

Head Teacher
Mrs N. Hadfield MA. BA (Hons)

Website
st-johnfisher.rochdale.sch.uk



Monday 15 September 2025

Keeping Our Children Healthy

We know, that just like us, your priority is keeping your child healthy and safe.

The following information has been provided by Rochdale Local Authority as a guide to making healthy packed lunches.

Packed lunches

Not every child eats a school meal and many prefer to bring a packed lunch.

If you're preparing a packed lunch, we would ask that you please take care of what goes into it.

Checklist for making a packed lunch

This is a checklist of what to include in a packed lunch:

- A good portion of starchy food, for example, thick whole meal bread, malt loaf, chapatti, pitta pocket, pasta or rice salad.
- 2 portions of fruit and vegetables, for example, fruit chunks in natural juice or a small box of raisins.
- A portion of milk or dairy food, for example, an individual cheese portion or pot of yoghurt.
- A portion of lean meat, fish or alternative, such as ham, chicken, beef, tuna, egg, hummus, bean or lentil salad.
- A drink, for example, fruit juice, milk or plain water. **We ask that no child brings fizzy drinks/energy drinks into school.**

We understand that on the **infrequent** special occasion your child may bring in a fun snack or special treat.