Carrigeen NS

www.carrigeenns.com

'Promoting full personal,moral and social development in caring Christian communities of learning and teaching.'

Carrigeen National School,
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Carrigeen NS Healthy Lunch Policy

At Carrigeen NS, we promote healthy eating as part of our whole-school approach to wellbeing.

Since 2024, all pupils are provided with a free hot lunch daily through our current provider, Fresh Today. Children choose from a wide range of healthy, balanced hot meals. Parents/guardians are encouraged to support their child in selecting these lunches through the online menu system.

- Pupils may **opt out** of the hot lunches if they wish. In this case, they should bring a **healthy packed lunch from home** in line with the guidelines below.
  At the **11am break**, all pupils are encouraged to have a small, healthy snack. This snack is provided from home.

Healthy Packed Lunches Guide

When sending in a packed lunch, please include a variety of the following options:

Sandwiches:

- Preferably on wholemeal bread, rolls, or a mixture of wholemeal and white.
- Suggested fillings include cheese, lean meat, chicken, turkey, tuna, salmon, egg.

Savouries:

- Slices of pizza, quiche, crackers and cheese, mixed salad in a container.
- Add variety with tomato, cucumber, lettuce, pickles, beetroot, gherkins.
- Carrot/celery sticks, or a whole tomato make excellent healthy nibbles.

Snacks:

- Fresh fruit of all kinds (e.g. apple, orange, mandarin, banana, pear, peach, plum, grapes).
- Dried fruit (e.g. sultanas, raisins, dates), yoghurt, popcorn, scones, brack, fruit cake, digestive biscuits.

Chairperson, BOM- Mr. Eamon Delahunty
Principal-Sinead Murphy
Deputy Principal-Gemma Dowling



Drinks:

- Milk and water are the best drinks for growing children.
- Unsweetened fruit juices containing no additives are also acceptable.

Friday Treat Day

- On Fridays, children may bring **one small treat** in their lunch box (e.g. bun, muffin).
  *** **Not permitted at any time:** sweets, chewing gum, chocolate bars (excluding treat size), crisps, isotonic/fizzy drinks.

Allergies

- **Peanuts and peanut-based foods are strictly forbidden** in school.
- Parents are asked to be mindful of other potential allergens and follow any additional guidance circulated by the school.

Ratified by the Board of Management of Carrigeen NS

The Parents Association was also consulted in the development of this policy.

Date Ratified: _____

Signed: _____ Chairperson, Board of Management
Signed: _____ Principal / Secretary, Board of Management

