



London Borough of Enfield  
**George Spicer Primary School**

Early Years/KS1 – Kimberley Gardens, Enfield, EN1 3SN  
 Telephone: 020 8367 5384







KS2 – Southbury Road, Enfield, EN1 1YF  
 Telephone: 020 8363 1406

Email - [office@georgespicer.enfield.sch.uk](mailto:office@georgespicer.enfield.sch.uk) Website - [www.georgespicer.enfield.sch.uk](http://www.georgespicer.enfield.sch.uk) Twitter: @GeorgespicerP

**YOUR CHILD'S PACKED LUNCH SHOULD INCLUDE ONE PORTION OF:**

 <p>FRUIT</p>	 <p>VEGETABLES OR SALAD</p>	 <p>MEAT, EGG, BEANS OR FISH</p>	 <p>STARCHY FOOD E.G. SANDWICH, RICE OR PASTA</p>	 <p>MILK, CHEESE OR YOGHURT</p>	 <p>BOTTLE OF WATER</p>
--	--	---	---	--	--

**YOUR CHILD'S PACKED LUNCH SHOULD NOT INCLUDE THESE FOODS:**

 <p>CRISPS &amp; OTHER HIGH FAT SNACKS (High in salt and fat)</p>	 <p>CHOCOLATE, BARS, SWEETS AND GUM (High in sugar)</p>	 <p>PASTRY AND FRIED FOODS (High in fat)</p>	 <p>BISCUITS AND CAKES (High in sugar)</p>	 <p>DRINKS OTHER THAN MILK AND WATER (High in sugar)</p>	 <p>NUTS (We are a nut free school)</p>
---	---	--	---	--	--

**George Spicer is a nut free school and we have pupils who have severe allergies to nuts. To avoid any potential risk of anaphylactic shock, which is a life-threatening condition, we have a policy that nuts or nut products are not brought into school at any time.**

**HEALTHY PACKED LUNCH**

At George Spicer we are committed to healthy eating, please help us to encourage nutritious eating habits in children. Our healthy eating policy asks you to provide healthy and nutritious lunch for your child.