

Healthy Lunches at Drimnagh Castle

✓ Yes ✓	✗ No ✗
Bread, Wraps, Rolls, Bagels, Rice, Plain Rice Cakes, Crackers (all preferably wholemeal) ✓	No sweets or jelly. ✗
Fresh fruit ✓	No crisps. ✗
Fresh chicken, ham, tuna etc. ✓	No chocolate incl. Nutella etc. ✗
Yogurts ✓	No bars, breakfast cereal bars etc. ✗
Cheeses ✓	No biscuits, buns, cakes, scones, pastries, pancakes, muffins, waffles, doughnuts etc. ✗
Fresh pasta, noodle and rice dishes ✓	No energy drinks, All lucozades, Powerades, Energise, Red Bull, Monster etc. ✗
Water / dilute ✓	No fizzy or other kinds of sugary drinks; Capri Sun etc. ✗
Milk (unflavoured) ✓	No to sausage rolls or pizzas
Soup in flasks ✓	No breakfast rolls; sausage, rasher, hash brown, chips, wedges, waffles, pudding, etc. ✗
Vegetables. ✓	No hot chicken fillet rolls, burgers, hotdogs, steak rib or any fried alternatives. ✗
Popcorn on FRIDAYS only. ✓	No chewing gum, fruit winders etc. ✗

