

Healthy Lunches



Talbot Senior School is provided with free lunches for children every day. Glanmore Foods provide these lunches. Glanmore Foods are a family owned Irish business based in Blanchardstown, Dublin. They operate from a custom built, state of the art food manufacturing plant, including our very own onsite bakery. This allows control over the ingredients in these products and ensures freshness and quality at all times.

Hot Lunches

The school, through Glanmore Foods, is now providing delicious and nutritious **Hot Lunches** everyday for each child. There is a choice of many different meals - such as roast ham/ beef/chicken/mash and veg, chicken korma and rice, lasagne, meatballs and lots more!

If your child has opted out of the lunch menu, they can bring their own lunch to school. However these lunches must be healthy. We advise you to choose from the following:

- Sandwiches, rolls, pitta bread, crackers, rice cakesfilled with ham, cheese, chicken, turkey, beef, lamb, pork, eggs, tuna, salmon, pate, tomatoes, lettuce, peppers, raw vegetables or coleslaw.
- Yoghurts, Cheese cubes/strings/ slices
- Fruit: apples, pears, oranges, grapes, bananas, dried fruitVegetable slices, sticks or wedges. Home-made soup (in a safety flask)
- Drinks: Milk or Water. (Milk or water are the **ONLY** drinks that do not damage teeth)

The following items are **not** allowed:

- Crisps and crisp-type snacks- including Popcorn
- Chewing Gum
- Fizzy drinks in cartons, bottles or cans.
- Any form of chocolate to include chocolate drinks or yogurts.



Chocolate Spread

Did you know that chocolate spread is not healthy? There are 100 calories in just 1 tablespoon of chocolate spread! All of the healthy food websites do not consider it a healthy choice for a child's lunch. It is fine as a treat now and again - maybe at the weekend.