ALLERGIES

When packing lunches for your little ones, please keep in mind not to add any of the below foods.
Instead, see the list we have added of yummy & healthy alternatives.
Our first priority is the safety and wellbeing of all our children!



FOODS NOT ALLOWED:

Any type of seafood
Fillets
Fish cakes
Shellfish
Fish fingers
etc.

Peanuts / Nuts
ALL types
Including
peanut butters/
almond butters
etc.

Eggs
Boiled
Scrambled
Fried
etc.



HEALTHY ALTERNATIVES:

Rice cakes
Crackers
Provita's
Mini Cheddars
etc.

Chicken Nuggets
Chicken fingers
Chicken strips
Meatballs
Biltong
Cold Meats
etc.

Fruit or Veggies
Dried fruit
Fruit rolls
etc.