

Lunch

Eating lunch in our school is an integral part of the students' life. About 85% of our children subscribe to the meals we offer. We take pride in providing contemporary, healthy, age appropriate meals to the children. Our in-house nutrition expert, who is also a well-known dietician, carefully plans the menus to provide a wide variety of fresh vegetables and a varied selection of whole-grains in a child friendly way. A typical lunch consists of a daily soup, main course, salad bar and fruit. We serve a healthy dessert twice a week. A vegetarian alternative is available every day. We cater for children with allergies, diabetes or other special needs. Our kitchen is equipped with an area physically segregated from the main kitchen and dedicated exclusively to the preparation of diet menus in accordance with strict regulations. Diet meals leave this kitchen in sealed boxes with name tags of the recipients. Parents are advised of the menu each week via the Newsletter.

Eating habits, mealtime socialising with good table manners, basic hygiene knowledge and a healthy lifestyle are all part of our education. Our newly built canteen with its clean, spacious and welcoming atmosphere is the perfect environment for lunch, where mealtimes are more than just eating. Our dietician is educating the children within the classrooms and in the form of cooking clubs too. The newly built practice kitchen allows learning opportunities for food related activities from an early age to more advanced cooking clubs. Should you wish to send a lunch-box with your child, there is a fridge and a microwave placed in the dining room for easy use. Healthy snacks can be purchased by students from the school Coffee Shop outside of lunch hours. Subscribing for lunch is done on the Application or Re-enrolment Form or through our Finance Office. Just like with tuition fees, you may choose to pay your child's lunch fees termly or yearly.