



Franconian
International
School



FACTS ABOUT THE FIS HOT LUNCH:

- We believe that healthy children do not need a special („child friendly“) diet, as they are still developing their tastes and need to explore and experience different taste sensations.
 - Most students who have food allergies or intolerances can participate in the hot lunch program. They can choose their meal components separately.
 - Every lunch includes at least one fresh, uncooked component, either salad, vegetable or fresh fruit.
- Food containing alcohol or that is rich in spices, salt, sugar or fat will not be served. We also make sure that there are no technical challenges and that the food is safe to eat (for example fish without bones).**
- Sometime we "hide" vegetables in different ways (for example finely grated carrots in pasta or pureed in soups or sauces). In this way, students become accustomed to a variety of different tastes.
 - To ensure that students eat and to encourage them to try new things, we arrange individual meal components separately on the plate.
 - The presentation makes it! Food items are arranged in three different colors on the plate.
 - If pork or beef cannot be consumed due to religious beliefs, the vegetarian option is available as an alternative.

- On days when a sweet main course is served, there will always be a vegetarian soup available to complete the meal.
- Dessert depends on the main course; a sweet main course will be followed by fresh fruit.
- Sweet desserts will be served only once per week.
- We do not serve deep-fried food. Breaded items are prepared in our combi-steamer.
- A declaration folder containing the details of the allergens and additives is available online and at the kiosk in paper.
- Water is available for free throughout the school day in the cafeteria.

We do not offer lemonades, sweetened fruit juices and drinks, or any other drinks that are high in energy and artificial flavors (i.e. energy drinks, ice tea or isotonic sport beverages).



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FIS - CAFETERIA



FIS-CAFETERIA

Eating in schools – an opportunity to improve well-being, achievement potential and social interactions.

A balanced diet is a fundamental requirement for optimal physical and intellectual abilities.

With the introduction of all-day schools, the school becomes an important environment for experiencing and developing.



The Franconian International School has developed an appropriate catering program in accordance with recommendations from the German Nutrition Society (“Deutsche Gesellschaft für Ernährung”).

The focus is on a holistic approach and to achieve health promotion by using fresh and nutritious ingredients.

With the slogan “Have you tried this?” we would like to offer everybody a balanced and varied lunch.



SCHOOL LUNCH

We offer two menu options:

International: with meat or fish

Vegetarian: without meat or fish

To ensure balanced nutrition, the weekly menu plan follows a five-day rule:

Once or twice per week: meat

Once per week: hotpot (stew)

Once per week: fish

Once per week: optional, usually a sweet dish

Once per week: vegetarian dish

The choice of food is directly linked to seasonal and regional availability. Our meals are influenced by international cuisines and we also include special occasions and events, for example Christmas, Halloween or the FIS Vitamin Week.



FIS KIOSK

Our FIS kiosk also follows the guidelines provided by the German Nutrition Society (“Deutsche Gesellschaft für Ernährung”).

The on campus kiosk offers sandwiches, fresh fruit juices, salads with different toppings, hot snacks, breakfast bowls, coffee, tea and hot chocolate.

We strive to cater for every taste, from old-time favorites to new ideas!

