

# Our nutritional policy

## General

- The menus are specially produced and have a short storage time.
- One third vegetarian menus: The children can choose a full vegetarian menu every day.
- The menu design is adapted to the tastes and needs of the children.
- Sufficient quantities and child friendly portions.
- Individual customized menus for allergy sufferers after consultation with parents.
- Impeccable hygiene in the production and distribution of food.
- Commitment to quality assurance.
- Openness to parental wishes regarding optimization of menus

## Lunch Concept

<b>Monday</b>	Pasta
<b>Tuesday</b>	Meat/Fish
<b>Wednesday</b>	No lunch
<b>Thursday</b>	Vegetarian
<b>Friday</b>	National Dishes

## Structure of Menu

Every Menu consists of:

- Meat / fish or vegetarian main dish
- Side dish (potatoes, rice, Eibly wheat, etc.)
- Cooked vegetables
- Raw vegetables
- Salad
- Fresh fruit

## Products

- We use mainly organic quality meat produced in Switzerland.
- Balance between beef, veal, pork and poultry is guaranteed.
- The supplier of our caterers vouches for animal welfare and meat from local origins.
- We always offer a vegetarian alternative to menus containing meat or fish.
- Vegetables, fruits, salads: We prefer organic fresh produce from local production. Use of seasonal produce is important to us.
- We offer raw food in the form of fresh lettuce and vegetable sticks daily.
- Fats: Our caterers use cold-pressed, organically produced sunflower and olive oil (= high protein in monounsaturated fatty acids, omega-3 and vitamin E).
- Salt and Spices: Preferably sea salt and fresh herbs are used.
- Carbohydrates: We also regularly offer healthy whole grain varieties of rice and pasta.

The recommendations of the School Health Service of the city of Zurich are used as an additional guide when creating our lunch menus ([https://www.stadt-zuerich.ch/content/ssd/de/index/gesundheit\\_und\\_praevention/schularzt/ernaehrung/ernaehrungsrichtlinien.html](https://www.stadt-zuerich.ch/content/ssd/de/index/gesundheit_und_praevention/schularzt/ernaehrung/ernaehrungsrichtlinien.html)).