

The School Cafeteria at the French International School of Bratislava

Information for the student's parents from the management office for the 2016/17 school-year.

1. Main information

Throughout the day, we offer three complete and healthy meals for the pre-school, including fresh fruits and vegetables.

For the students of the elementary and middle school, only lunch is offered.

2. Pre-school, elementary and middle-school lunch offer

The meals correspond to the norms established for Slovak pre-schools, elementary, and middle schools.

Pre-school morning snacks: grains, whole wheat bread, cheese or vegetable spreads, fruit, water or un-sugared tea. The different types of bread are: rye bread, pumpkin seed bread, 9 grain bread, graham bread, whole grain bread, white bread very rarely, and once a week a pastry-poppy seed, jelly or a croissant etc.

Lunch is prepared in conformity with strict Slovak legislation for school cafeterias.

The kitchen prepares meat-based dishes twice a week, a semi vegetarian dish (with a small quantity of meat), once a week, a vegetarian dish twice a week or one dish with a vegetable base and one dish with a flour base. The dishes are not salted, or very little, and without pepper. The soup is served daily as well as salads.

Snacks are served to the children of the pre-school-bread and spreads (cheese or other), home-made cakes, yogurts, fruits or vegetables.

The students of the elementary and middle-school have a lunch menu composed of a soup, salad, main course as well as a dessert or a fruit.

3. Quality Control

- Regular control is done at the moment the food arrives at school. Taken in charge by Mr. LadislavÁrva. He controls the conformity between the order and the delivery. He is in charge of the quantity as well as the composition of the portions that are carefully weighed out with the aid of an electric scale.
- The maintenance of the ideal temperature of the food is assured by the designated electronic equipment for this specific purpose.
- The kitchen staff only serves the children hot meals.
- The head-chef is responsible for the weekly menu. All of the recipes are approved by the School Board committee.
- The school meets the chef every trimester to validate the proposed recipes and suggestions.

- You may address your remarks concerning the cafeteria to the following email address : info.jedalen@gmail.com OR bureau@efib.sk.

4. Food distributors

The distributor of food to the cafeteria is PVFA s.a.r.l.

Breakfast and snacks are prepared at school.

The distributors :

Fruits and vegetables : zeleninári.sk, Metro

Bread, pasta, flour : Bidvest, Metro

Dairy products :Kon-Rad, Bidvest

Meat based products :Tauris, Bidvest, Metro

Other : drinks – Kon-Rad