

Cornelia International Schools

School Meal Policy

Purpose of the Policy

Cornelia International Schools is committed to supporting the health and well-being of all pupils through the provision of safe, nutritious, and enjoyable meals. This policy outlines guidelines for school meals, packed lunches, snack breaks, and dietary needs.

We aim to:

- Promote **healthy eating habits**
 - Provide **nutritious, balanced meals** each day
 - Ensure food safety and hygiene
 - Support children with **allergies and special dietary needs**
 - Encourage positive mealtime routines and social interaction
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Hot School Meals

- **Freshly prepared hot meals** are provided daily to children enrolled on the school meal plan.
- Meals are prepared in-house by qualified cooks, using **fresh ingredients**.
- A **healthy variety** of local and international dishes is served weekly.
- **Vegetarian** and **allergen-free** options are available by request.

Meal Times:

- Meals are served during the **lunch period**.
- A menu for each term is shared in advance.

Payment Options:

Parents may pay for meals:

- **Daily**

- **Monthly**
- **Termly**

Children in **daycare (crèche and foundation)** are not enrolled on the school meal plan but may be fed based on individual care arrangements.

Packed Lunch Option

Children not on the school meal plan may bring **packed lunches** from home, which must:

- Be **nutritious** (balanced mix of carbohydrates, proteins, fruits/vegetables)
- Contain **no fizzy drinks, sweets, or junk food**
- Be clearly **labelled** with the child's name
- Be in a **clean, leak-proof lunchbox**

The school reserves the right to speak with parents if lunchboxes repeatedly contain items deemed **inappropriate or unhealthy**.

Snack Breaks

- All children are expected to bring a **healthy snack** from home for break time.
- Suggestions include:
 - Fruits
 - Small sandwiches
 - Crackers
 - Yoghurt
 - Natural fruit juice or water

Not allowed during snack break:

- Sweets or candy
- Fizzy/carbonated drinks
- Sugary pastries or gum
- Energy drinks or coffee

Allergies & Special Diets

Cornelia International Schools is an **allergy-aware** environment.

- Parents must declare any **food allergies, medical restrictions, or religious dietary needs** at the time of admission or when changes occur.
- An allergy list is maintained and shared with the kitchen staff and relevant teachers.
- Staff are trained to handle allergy concerns and **emergency responses**.

Note: Parents of children with **severe allergies** may be asked to provide home-packed meals.

Food Safety and Hygiene

- All food is prepared under strict hygiene standards.
 - Kitchen staff are trained in **safe food handling and storage**.
 - Classrooms and lunch areas are cleaned before and after meals.
 - Children are encouraged to **wash their hands** before eating and to use proper **table manners**.
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Water and Drinks

- Pupils are encouraged to drink **water throughout the day**.
 - Each child should come to school with a **labelled water bottle**.
 - Fruit juice or milk (in moderation) is allowed during snack/lunch.
 - Fizzy and sugary drinks are **not permitted**.
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Communication and Feedback

- Parents are encouraged to **review menus** and provide feedback.
- Menu updates, reminders about food days, and allergy alerts will be sent via school communication channels.

Questions, concerns, or requests regarding meals should be directed to the school office or head of admin.


Partnership with Parents

Cornelia International Schools values parental partnership in promoting **healthy eating** and helping children make smart food choices. Together, we lay the foundation for lifelong wellness.

Contact Us

For menu details, meal plan payment, or allergy updates:

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