

Lunch Programme – Frequently Asked Questions (FAQ)

The MSF lunch programme reflects MSF's core values of Community, Courage, and Curiosity. Meals are designed to support wellbeing, encourage trying new foods, and foster a communal, respectful dining environment.

1. What does the school lunch programme include?

Each lunch includes:

- One main dish – freshly cooked on site from scratch using regional and organic products.
- A side dish
- One dessert – either fresh fruit or homemade desserts, including yogurts, creams, and baked goods made with whole ingredients and reduced sugar.
- Variety of salads – featuring fresh, local, and organic vegetables, whole grains, legumes, and healthy toppings.
- Drinks – still and sparkling water.

2. How do I enroll my child in the lunch programme?

Parents can sign up their children during enrollment or through our [online portal/administrative office].

3. How are student voices included in shaping the lunch programme?

We regularly gather student feedback through student council meetings to ensure meals are both appealing and nutritious. This feedback helps guide menu planning and improvements.

4. Can my child taste the school meals before enrolling in the programme?

Yes! We offer a trial month so students can experience our meals before committing to the full programme. Please contact the main office to arrange this.

5. Can parents view the weekly or monthly lunch menu in advance?

Yes! We publish our monthly lunch menu in advance on our website and lunch portal (INET – currently available only for secondary students) so families can plan accordingly.

6. How much does the lunch programme cost per month?

The lunch programme currently costs €136 per student per month, including a main dish, side dish, salad bar access, dessert, and water.

7. Is it possible to cancel the lunch programme?

School lunches can be canceled with a 15-day notice period before the end of each month. Please note that after cancellation, you cannot rejoin the lunch programme for the next three months. This policy helps prevent cancellations before school holidays and ensures the sustainability of the lunch programme.

8. Can I change my child's meal preferences during the month?

Meal preferences (e.g., vegetarian, gluten-free, vegan etc.) are recorded at enrollment. However, if changes are needed mid-month, please contact the school office to see how we can best support your child.

9. What dietary options do you offer?

We accommodate gluten-free, lactose-free, and vegan meals.

10. How are food allergies handled?

We are a 100% nut-free school and take all allergies seriously. Please notify the school of any known food allergies during enrollment so we can ensure appropriate accommodations.

11. How does the school accommodate cultural or religious dietary restrictions?

We respect all cultural dietary requirements. While we do not provide halal or kosher meals, we do not serve pork and offer meals with only beef, chicken, fish, or turkey.

12. How is portion size determined?

Meals are appropriately portioned based on the age and nutritional needs of each student to ensure they receive the right amount of energy for their school activities. We cook according to the rules of the German Society for Nutrition DGE, a scientific institution funded by the Federal Ministry of Food and Agriculture that sets standards for a balanced and healthy diet.

13. How are meals served?

Meals are served in our cafeteria in a structured manner to ensure portion control and minimize food waste. Students receive the meal option they signed up for from the cafeteria staff and can choose their preferred side dishes from the available options.

14. Can children bring their own lunch if they prefer?

Yes, students are welcome to bring their own lunch. However, we kindly remind parents that we are a nut-free school, and no nut-containing products should be brought from home.

15. Can my child's home lunch be heated up in the microwave?

Unfortunately, for safety reasons, MSF does not warm up a child's food in the microwave. We recommend families use a food thermos if your child brings a warm lunch to school.

16. What happens if my child forgets their lunch or is not enrolled in the programme?

If a child forgets their lunch, we will ensure they are provided with a meal and contact parents about next steps and any applicable charges. Our priority is ensuring no child goes without a meal.

17. What if my child does not eat their lunch?

Our teachers on duty and the cafeteria team closely monitor students during lunchtime. If a child is not eating their meal regularly, we will reach out to the parents to discuss the situation and find a suitable solution.

18. What measures are in place to promote healthy eating habits among students?

We promote healthy eating habits by providing balanced meals, educating students about nutrition in class, encouraging them to try a variety of healthy foods

19. What sustainability measures are in place for the lunch programme?

Our lunch programme minimizes food waste, and the use of single-use plastics, sources ingredients locally, and prioritizes seasonal produce. We encourage students to eat responsibly and mindfully.

20. Who supervises the students during lunchtime?

- Kindergarten students eat in their classrooms with their teachers in a family-style atmosphere.
- Transition, Primary and Secondary students eat in our cafeteria, where teachers and trained staff supervise lunchtime to ensure a safe and enjoyable mealtime environment.