

## Lunch FAQs

### 1. At what time do my children eat?

- All students have a full 30 minutes to eat their lunches. We are serving freshly cooked meals in four turns as follows:

Early Childhood: 11.30-12.00

Gr1 and Gr2: 12.10-12.40

Gr3, Gr4 and Gr5: 12.50-1.20

Middle School: 1.30-2.00

### 2. How are you guaranteeing distancing for the students during lunch?

- Early Childhood, Gr1 and Gr2 are all able to sit on alternate seats in the lunchroom (we have the seats color coded, green means GO, red means NO)

Unfortunately there is not enough space in the lunchroom to be able to seat all the other students at a safe distance, so we have established this system:

Gr3, Gr4 and Gr5 are divided in two groups (A and B). Group A eats in the lunchroom on the first week, Group B eats in their homeroom class. The second week, the groups exchange places. This allows everyone to eat in the lunchroom every other week.

The same thing happens for Middle School.

### 3. How are the students being served in their class?

- Meals are being served in sealed trays, divided in 3 spaces to contain the three dishes present on the menu. Hygiene protocol due to COVID-19 requests the use of single-use forks and cups.

### 4. Do the students have a choice between different dishes when having lunch?

- All Early Childhood and Primary students always have a choice between two "primi", usually the one indicated on the menu and one plain pasta or rice. Middle School students can also choose a "plain" secondo, usually a grilled chicken/turkey/cheese.

Students who eat in the lunchroom can choose what they want to eat "cafeteria style".

Students who eat in their classes (starting on the second week of school) are asked the day before what they would like in their trays on the following day. Teachers register the choice and this is then sent to the caterer who provides the appropriate trays to the classes.

### 5. Where can I find the menus? Who decides the menus?

- Our monthly menu is on our website, [HERE](#). We have hired a nutritionist, Dr. Giorgia Lucherini, to compile our menu. You can find info on her [HERE](#). If you have any questions regarding the menu, please write to [lunches@ambrit-rome.com](mailto:lunches@ambrit-rome.com).

### 6. How do "special meals" work?

- We have a list of students who have selected either lactose free, gluten free or vegetarian meals. Their meals are served in trays with their names on them, to avoid any kind of contamination.

**7. Can my child have seconds of one or more of the dishes served?**

- The caterer does provide extra portions of each dish. The nutritionist has recommended that each age group is served a certain portion, to insure nutritional balance. The kitchen staff is allowed some flexibility in these portions, so if a child only eats one of the three dishes offered, they will concede for an extra amount of that dish, within limits.

**8. I'm afraid my child will only eat plain pasta every day, since it's available as a choice. What can I do?**

- We are trying to find a compromise between serving students a nutritionally healthy menu and allowing everyone to eat something they like every day. You can play a fundamental role in educating the children in making healthy choices. Make sure you talk about the menu at home and encourage them to try dishes they might not know, and not to go for the "safe" choice every time. Being "open minded" and "risk takers" is part of the PYP/MYP learner profile!