

The principles underlying the Kairos food policy are equality, integrity in the provision of food, and responsibility.

Equality

Kairos deliberately offers a meal to all students, as opposed to pack-lunch, because it is the view of Kairos to ensure that all students, regardless of economic means, have equal access to food. We do not make food competitive – everyone has the same food and we maintain a family feel. Kairos does not allow pack lunch or exceptions to the menu, other than if a child has significant food intolerances/allergies certified by a doctor.

Food Provision

We are keen for the children to know where food comes from, how it is grown, harvested, prepared and served, how buying local produce helps the environment and the local community and how organic produce grown without pesticides is also better for the environment. This is also reflected within the class lessons and creates a meaningful and valuable link for the children. We aim to source as much as possible of our food needs from the Kairos Farm, with 80% of our eggs and over 30% of our vegetables from the farm this academic year. All food not sourced from the farm, is sourced, where possible, locally.

Responsibility

Children set the table for lunch using metal cutlery, ceramic crockery and glasses. The plates and glasses are deliberately breakable, so that children learn to take care with their surroundings. Children serve themselves and are encouraged to take an amount they feel happy to eat. The children are encouraged to always try food that they are unsure of and they are expected to eat the food they have taken. This is to reinforce table manners, and to let them understand the importance of not wasting food and therefore teaching them to take only what they can eat. Fruit is provided daily and the children are required to finish their main course before they can have dessert.

The Menu

Our food is catered in-house daily. The menu is created to be low in processed sugar, gluten and dairy. Meals consist of a bowl of soup, main course with salad (2 meals every week consist of fish or organic meat), and for pudding fresh fruit. The menu has been refined a great deal over time to suit the tastes of the children. All food waste is upcycled as compost, chicken or pig feed.

Snacks

We ask parents to provide 5 pieces of fruit a week for their children. This will be shared daily in a communal snack. We provide an afternoon snack for children so that they can leave school ready for their after-school activities.

Field Trip Packed Lunches

For class trips the school kitchen will provide your child with a healthy low sugar, slow burning carb packed lunch. Sweets, chocolate and fizzy drinks are not allowed.