



FACTS

WHO EATS ?

Nearly 2500 students eat at our canteen every day, except Wednesdays, when we serve approx. 1000 pupils. Our clients are between 4 and 18 years old, from 12 different nationalities (Finnish, English, Dutch, Italian, French, German, Belgian, Portuguese, Lithuanian, Estonian, Swedish and Latvian). Not an easy task to please everyone's palate at the same time!

WHO COOKS ?

APEEE employs 13 people at the canteen: a kitchen manager, a chef de cuisine, eight kitchen staff, a secretary and two ladies who cater the cafeteria. Moreover, we subcontract a number of serving ladies who ensure a smooth canteen service every day.



La Cantine

APEEE

Woluwe



DID YOU KNOW

Every day we clean our kitchen with the most simple but efficient ecological cleaning products. Except when necessary for machinery, we just use 2 products. Friendly to the environment and friendly to the people who work with them.

- No phosphate, no parabens, no EDTA...
- natural ingredients, coming from renewable resources
- promote biodegradation of the recyclable organic materials

Today our annual pollutant report is equivalent to a family of 4 people!!!

You can come eat for free at the canteen once every trimester! Test our quality, contact the canteen manager for a free ticket!

CHECK OUT:

The menu is published online. At around 10h, you find every day a details and a picture of the meal online:

<https://www.woluweparents.org/general-category/cantine/>



NEWS

SECONDARY CAFETERIA – NEW EXTENDED OPENING HOURS

Every day 08:30 – 13:30
Sandwiches as of 10:30

The Secondary Cafeteria is located in the sports hall. It serves fresh warm paninis, home-made sandwiches, healthy pre-made sandwiches from a local high-quality supplier. We do not serve Coca Cola, but a number of other lemonades, water with or without taste, etc.

NO MORE VENDING MACHINES

The school opted to end the contract of the vending machines. This leaves the canteen to fill the gap with a healthier offer. We are working on expanding the offer at the cafeteria. More news to come soon.

NEW COMMUNICATION TOOL

We installed a number of TV screens at the canteen. They will inform your children about the menu of the day, the allergens, information about the ingredients (without noise). There are more possibilities of using them that will be explored throughout the next weeks.



OUR PHILOSOPHY

At our canteen, the children are served at the table and can eat as much as they can. We want to give your children the best quality of food in the best way possible. Therefore, we adopted the “just in time” cooking, which means the food is not stored for long in the kitchen but produced on demand just in time.

All our menus are created in close collaboration with a dietician who verifies the respect of the nutritional pyramid as well as a balanced composition of calories. Since 2012, we decided to incorporate into the menus an increasing amount of more “healthy” food, which comes from animal respectful breeding, biological vegetables and fruit and the use of more sustainable and biological cleaning products.

OUR ECO CONCEPT

In order to “adapt” to the eco concept, we have to understand how it works. Indeed we have our habits, however, we tend to forget the seasons, climatic changes, severe weather, diseases, harvest shortages etc. Eco products are subject to those forces and therefore not always available in comparison to industrial products. Therefore, all we can stock safely is from biological agriculture.

Now long grain rice, jasmine rice, couscous, quinoa are all from organic harvesting because they are available all year long and stocks are important. Moreover these products are often “Fairtrade”. Moreover, our fresh homemade pastas are now 100% organic.



Wednesdays at the canteen:

Pupils who are not enrolled at the canteen on Wednesdays can buy a day ticket for 7€ at the canteen office. The ticket is only valid on the day.

Allergies:

We are publishing our menu two weeks in advance. You will find all the allergens in the dishes marked. In case of force majeure and the menu needs to be changed ad hoc, we inform on our website. You will find a list of ingredients including allergens online but also in the canteen premises. We will also start to publish information about allergens on our TV screens.



SO MUCH FOOD

MEAT AND VEGGIES

A hot topic nowadays. It is important for us to serve the best quality but also the most ethical possible. We visit the breeders personally, we look at their cattle thoroughly, check what they eat, how they are taken care of... and we even participate at some of the slaughtering! The pork is either farm pork or outdoor raised in Belgium or Du Roc Battale which comes from Spain. The lamb comes from England or Belgium depending on the season. The poultry comes mainly from France (Des Landes), such as chicken breast, red label, Sunday chicken...and all poultry from industrial breeding is excluded!

We also make an effort to increasingly look for more meat free alternatives. We organise veggie weeks, initiated by the students, we also offer one day a week without meat.

FISH

We demand from our suppliers that they only deliver us fish labelled “MSC”. The salmon is exclusively supplied from Scotland where there exist breeding methods that are more adequate to our vision.

BIO

Biologically produced food is often cheaper, tastes better, its smaller size fits better children's hands. Those fruits & vegetables from local producers or “not so far” away producers, have the advantage of having matured on the tree, the plant, in the grounds. The children immediately tasted the difference when we changed some years ago. 90% of yogurts and dairy desserts served are organic. 100% of the biscuits or derivatives are organic and come from local artisans.

