

SCHOOL MEALS POLICY

SEPTEMBER 2026

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Core Values

Our school meals support Bright's core values:

- **Community Connections:** Our meals bring pupils and staff together in shared, inclusive dining experiences that reflect our school's cultural diversity and strengthen relationships. Wherever possible, we support local suppliers.
- **Joyful Learning:** Mealtimes are treated as positive and enjoyable moments within the school day that support wellbeing and social learning. Food choices and routines encourage curiosity, independence, and healthy lifelong habits.
- **Natural Excellence:** Our meals prioritise fresh, nutritious, and responsibly sourced food that supports physical and cognitive development. We promote sustainability through seasonal menus, waste reduction, and respect for the natural world.

The school provides meals and snacks to all pupils and ensures that pupils receive the necessary nutrients to support their academic and physical activities.

All food is prepared in the school kitchen daily, using fresh and local ingredients. We are providing pupils with menus that not only taste and look great but have an essential nutritional value too. Organic ingredients will be used when possible.

Key Points

The school menu will feature soup as a starter, followed by one option of fish or meat, and one vegetarian option for main course, two options for sides as well as a salad bar. Healthy deserts (at least two different fruits) will also be provided.

The school menus will be sent to parents via Class Dojo, each week.

As a Nut-Free School, our kitchen will be operating Nut-Free. Parents and Guardians are asked to inform our team if their child has any food allergy or intolerances.

Daily Timings

We will have snacks around 10 am and 3 pm.

Lunch will be served between 12.30 pm and 1.30 pm.

Adherence to the school lunch programme is compulsory for all pupils, as per the Bright International School Terms & Conditions. The only exceptions to this are when parents have met

with the Principal to discuss specific dietary requirements, serious intolerances or difficult relationships with food (for their child). If permission is given by the Principal to opt out of this programme, parents must adhere to the school's nut-free approach. There will also be other foodstuffs that parents are asked to not send in to school, due to allergies.

School lunches will be billed termly at the cost of €570, or annually at the cost of €1.710.

Additionally, every child must bring a water bottle to school. While we provide the opportunity for children to refill their bottles throughout the day, having a personal water bottle ensures they stay hydrated and healthy. Please note that we do not wash water bottles; this is the responsibility of the parents.

Nut-Free School

To ensure a safe environment for all pupils, we ask that parents refrain from sending any food items containing nuts or traces of nuts, including birthday cakes and treats. Such items are not allowed at school. Your cooperation with this policy is essential for safeguarding the health and safety of every child at our school.

Allergies

The school recognises that there are pupils who have allergies that may require the use of an Epi-Pen. The following are guidelines for parents and pupils for the use of an Epi-Pen during school hours and/or school sponsored activities. At the beginning of the school year, parents must submit a comprehensive list of their child's allergies. This list must be accompanied by a doctor's report verifying the diagnosed allergies.

For these cases, parents are required to supply the school with one or two Epi-Pens. The Epi-Pens must be stored in the school's infirmary and should be provided in its original pharmacy-labelled container. The label must display the following information: – Child's name – Medication name and dosage – Administration route or other directions – Date.

If a child shows any symptoms of an allergic reaction requiring the administration of adrenaline, the school will promptly contact the National Medical Emergency Service (Instituto Nacional de Emergência Médica - INEM) and strictly adhere to their guidance. Parents will be immediately notified of their child's allergic reaction and the instructions provided by INEM. A trained member of school staff will apply the adrenaline if required.

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