

Contact Us

Manager : Paul ORLOVSKI
Kitchen chef : Xavier DE BEYS
Assistante : Monique MALLINUS



02 772 05 71

Monday to Friday from **9h to 12h** and
14h to 14h30 and **Wednesday** from
9h to 12h

@ cantine@woluweparents.org

A photo of the daily menu is
published every day.
Check it out !



Our Service

About **2500 students** eat at our canteen every day, except Wednesdays when we serve around 1000 students. Our students are aged between **4 and 18 years old** and from **12 different nationalities**.

Not always easy to please everyone's palate at the same time !

L'APEEE employs 13 people at the Canteen: a manager, a kitchen chef, 8 kitchen staff, a secretary et two ladies who cater the cafeteria.

At the cafeteria, we serve **cold and warm paninis, homemade sandwiches, healthy pre-made sandwiches from a high-quality supplier**. Students can find a variety of beverages, lemonades, flavoured water, water, etc.

Our Kitchen

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 paraben, no EDTA...
- Natural ingredients, coming from renewable resources.
- Promote biodegradation of the recyclable.



Canteen

www.woluweparents.org

cantine@woluweparents.org

Nutritional Intake

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 and organic vegetables and fruits**.

Our fresh and homemade pastas are 100% organic !



Allergies

The menus are published two weeks in advance. You will find all the allergens listed on the menus.

In case of force majeure and the menu needs to be revised, the modifications are listed on our website and in school.

Fish

We ask our suppliers that they only deliver us fish **labelled "MSC"**. The salmon is exclusively supplied from Scotland where breeding methods that are more adequate to our vision.

Meat

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. Our meat comes from farm-raised breeders, open-air and/or has the red label. **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**.

Bio

Organically produced foods are grown locally. **90% of yogurts and dairy desserts served are organic.** **100% of the biscuits or derivatives are organic and come from local artisans.**



Our 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, that create 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.

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".

