

UWC ISAK Cafeteria Guidelines

Meal Schedules

Monday to Friday

Breakfast	07:15-07:55
Lunch	12:00-12:50
Dinner	18:00-18:40
Snack	10:25-10:45
After Dinner Snack	19:45

Saturday, Sunday, and School Holidays

Breakfast	08:30-09:30
Lunch	12:30-13:15
Dinner	18:00-18:40
Snack	15:00-15:20

General Rules & Guidelines

Please come on time to every meal and return your trays and dishes before the end of the meal schedule.

Please keep your School Cafeteria clean for yourself and for the rest of the community. We will provide you towels when needed.

When serving yourself, please serve yourself in a balanced way. Please serve yourself vegetables, which are a very important part of your daily nutrition, and not just the main or rice or potatoes.

The food served during Breakfast, Lunch and Dinner is ONLY to be eaten inside the cafeteria.

No Plates, Bowls, Cups and Cutlery can be taken to the houses. They belong to the cafeteria.

No food can be taken out by students unless it's requested by a school Faculty or Staff as CK is not willing to take the risk of students getting food poisoning due to this.

No emails should be sent to Cezars Kitchen directly unless advised to do so from CK or the CK representative. All the emails should be directed towards the CK representative.

During weekends and school holidays, we will prepare bentos only for events organised by the school. If any student will need bento for any project or event related to the school, please request the bento through a Faculty or Staff (At least one week ahead) mentioning the event, date, time and any special dietary policy like allergies, halal, etc.

During weekday lunches you can choose between the specials, the noodle of the day and the main dish. Please refrain from taking two of them at once. These are in place to make sure that everyone gets the same amount of possibility to have food.

We prepare Vegetarian and Halal food according to the numbers of Vegetarian and Halal students and teachers. If you are neither Vegetarian or Halal, please refrain from asking for these dishes until we can make sure we are going to have enough food to serve all of them. They will be served after 30 minutes to everyone from the starting time of the meal.

If you have any dietary restriction (Food Allergy, Vegetarian, Halal, etc), please be very careful to check the information in the Menu Cards every time. If you are not sure, please ask our staff.

Please follow the Limit Cards. What you take extra is taken from others.

Please throw eggshells in the garbage bin. By an accident if you drop plates, cups, cutlery inside the food waste disposing area, please let the CK staff know. The food waste goes to the composting machine behind Asama which has the possibility of breaking if something that is not food goes in it. Repairing this machine costs a lot. So please be mindful!

Please don't use CK cutlery and dishes for other activities such as science experiments, art, etc.

Don't stick chewing gum on anything inside the cafeteria including plates, trays, bowls, tables, walls, etc. Please throw it in the trash.

When serving yourself something to drink please use only one cup every meal.

Please don't bring personal items (plates, bowls, etc.) to the dishwashing area.

Each student has a personal account that is given by CK which can be used to do cashless payments. Talk to the CK manager to get your PIN number.

CK has a café shop where we sell home baked snacks and many delicious things. Here you can pay by cash or cashless, using the personal account system where you can charge your account by cash or remotely by PayPal.

When planning an event that is related to the cafeteria or any meal please communicate with the CK representative with a completed proposal before the 01st of the previous month as the latest (if possible, 2 months ahead).

There is a communication book where you can give us your feedback. Please communicate with us. And please use it responsibly.

Thank you!

Dario Yasuda
Kitchen Manager of Cezars Kitchen UWC ISAK