



Bavarian  
International  
School



# EAT CLEVER @SCHOOL

STROMBERG\*

## WELCOME TO THE CAFETERIA OF THE BAVARIAN INTERNATIONAL SCHOOL

Your nutrition partner STROMBERG\* wishes you a successful and a healthy school year!

The STROMBERG\* team is happy to create an inspiring and delicious nutrition journey for you.



STROMBERG\*

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1.

STROMBERG\* as your nutrition partner

LEARN

SHARE

DO

BELIEVE

MINIMALISM IS COURAGEOUS & SAVES  
OUR PLANET. STROMBERG\* IS BRAVE &  
TRULY ENERGETIC - OUR FOOD CONCEPT  
IS PURE & TRULY SUSTAINABLE

NUTRITION IS OUR CORE BUSINESS.  
WE ARE ALWAYS LOOKING FOR THE  
BETTER FOOD ALTERNATIVE

*#truly energetic*

STROMBERG\*





WE'RE NOT A CATERER

BUT **YOUR LONG TERM** NUTRITION PARTNER -

ENVIRONMENTALLY FRIENDLY, REGIONAL,

SEASONAL AND **ORGANIC**

STROMBERG\*

Originally created for sport professionals and especially designed for schools

Your School Nutrition & Health Management:

- aimed to raise **awareness** about the **impact of good** nutrition day in day out
- meant to improve **performance at school** at any age
- created to ensure **sustainability** and the **responsible use of resources**
- 360°- **our seal** for school nutrition & health management
- **Pure**, preferably **regional**, **seasonal** food



PRINCIPLES &

MISSION



OUR NUTRITION

CONCEPT FOR BIS

## Sustainable for people and planet

- Based on **regional**, **organic** and **seasonal** food provided by agricultural farms in our region
- Encourages young people to enjoy **plant-based** food, vitamin juices, smoothies and healthy snacks
- Considers **cultural** differences, as well as individual health intolerances
- Takes **authentic** and **genuine** responsibility of waste management and sustainability aspects
- Follows STROMBERG\*'s nutrition **guidelines** accounting for different ages and needs



# OUR NUTRITION GUIDELINES



*„I strongly believe that forcing people into a healthy life style is utterly wrong. I'd rather encourage people to change their attitudes and habits for the sake of a wholesome and sustainable nutrition.“*

Holger Stromberg - CEO

## BETTER NATURALLY

Pure and naturally grown food is the best way to go. Also try to choose seasonal and regional before industrial products to help our planet to recover and nature to prosper.

## RESPECT YOUR GUT

Regularly integrate probiotic and prebiotic, such as fiber-rich foods into your diet. These are e.g. wholemeal products; vegetables, fermented products such as sauerkraut, kombucha, but also live yoghurt and buttermilk from grazing cows, grazing sheep or goats.

## STAY HYDRATED

Drink plenty of fluids between your meals. Always prefer water or alternatively light herbal teas. Check, optimize and organize your supply of fluids from time to time. Also make sure to combine your menu with ingredients and dishes containing water.

## FIND YOUR BALANCE

Consume natural foods that provide you with enough proteins, fats, carbohydrates and vital substances. Try to reduce food and stimulants to a healthy level. Whenever possible, stay on the lookout for even more natural alternatives - since this is what will bring real joy into your life.

## BE YOUR HEALTHIEST YOU

Become one with your food. Understand and discover your individual nutrition formula. Just trust yourself and start this very exciting culinary journey to unchain an undreamt amount of never before seen energy.

HELP US TO  
IMPROVE



STROMBERG\*  
WWW.STROMBERG-LIVE.DE



## STROMBERG\* Cafeteria Lunch

We offer your child a daily and freshly prepared main course, carefully planned and created for the individual needs of young people. The main course has two options. One contains animal products (meat or fish e.g.) and the other is preferably vegan or vegetarian.

We invest into a healthy planet for your children. We truly value, from planning to disposal, the respectful and sustainable preparation of the food and the reduction of its waste.

Our food concept does not include a permanent and classic salad buffet rather temporary and seasonal special salad dishes instead. Our salad dishes are included in the menu, as a sort of full-fledged main course enhanced by healthy toppings (e.g. cereals, animal or vegetable protein sources, berries, etc.).

- 4,45€ per person for kindergarten
- 4,90€ per person for school

Children will also have the possibility to buy a small dessert. The weekly menu is published on the BIS community intranet. Our menus take into account cultural or confessional particularities as well as most common allergies. Please inform the nurse, the teacher and our team about special requirements of your child such as allergies or intolerances. Where applicable, our team is happy to offer alternatives.

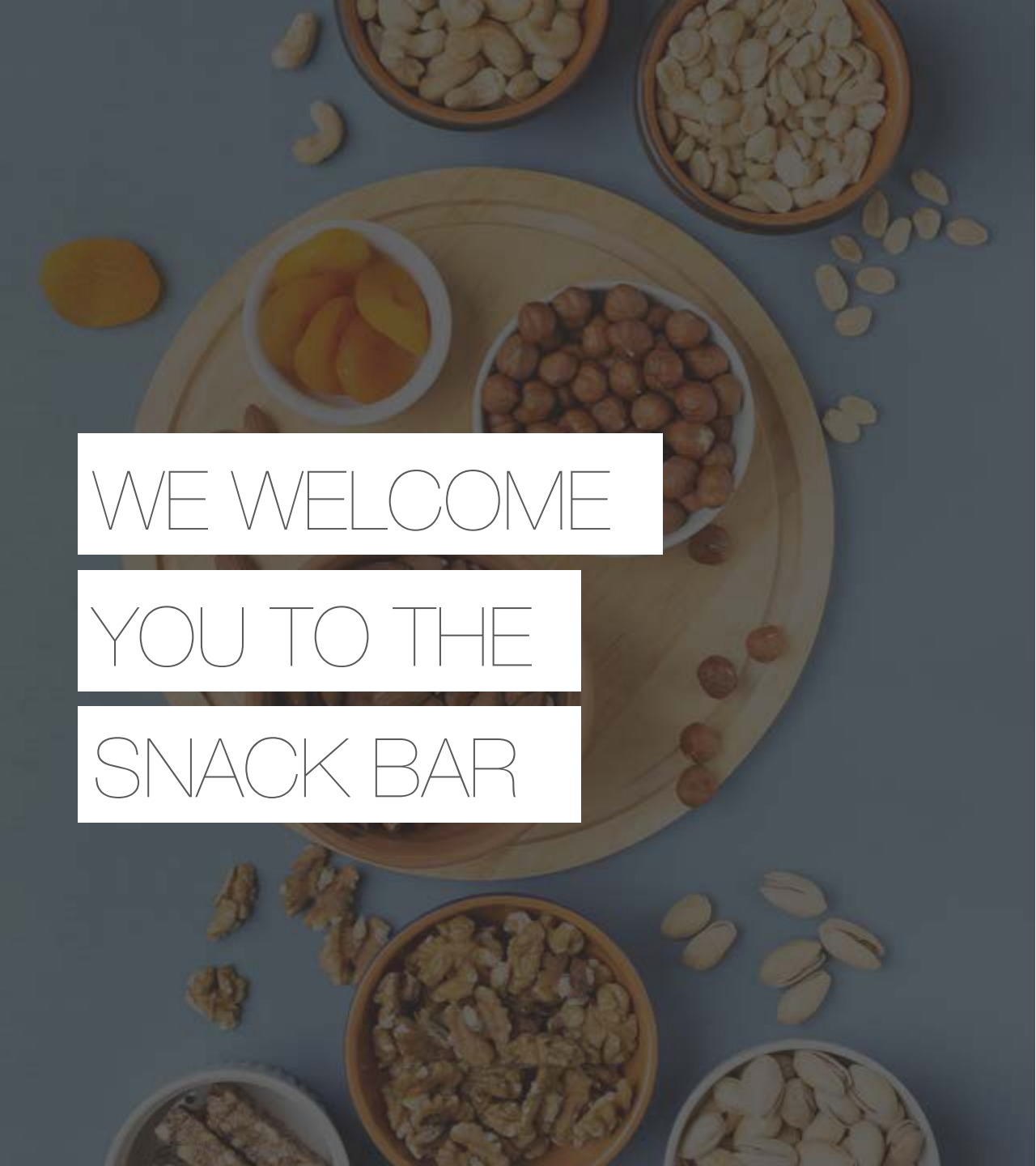
# 2.

Nutrition & food concept at BIS

WE WELCOME

YOU TO THE

CAFETERIA



# WE WELCOME YOU TO THE SNACK BAR

## STROMBERG\* „Healthy Snack Bar”

With our snacks, we aim to make every school break a highlight of your child's school day.

### Morning:

- fresh organic and regional bakery
- sandwich products refined with largely plant based toppings like vegan spreads
- healthy breakfast (e.g. porridge, muesli, bowls)
- plant based, freshly prepared smoothies
- coffee with organic milk and plant based milk alternatives
- freshly prepared Power Water

### Lunch:

A changing variety of lunch snacks, will provide an energy boost in concentration and mood at the same time.

### Afternoon:

- Power-bars/balls
- Dried fruits in portions
- Hand size fruits
- Prepared vegetable sticks with dip
- Rice waffles

From approx. 1,50€ up to 5,00€

STROMBERG\*



3.

Bringing “eat clever” to life

IT TAKES TIME TO MAKE CHANGE

- OUR SUCCESS IS A RESULT OF THE  
CHOICES & ACTIONS WE ALL MAKE

# TOGETHER - WE BRING CLEVER EATING TO LIFE



AUGUST 2020

DECEMBER 2020



YOUR SUPPORT

ON SITE

## OUR UNIT **MANAGER**

BIS Haimhausen & City Campus

### Manuel Reger



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Please feel free to contact us at any time.

### Opening Hours

Cafeteria Lunch

Haimhausen Campus

Mo - Thu: 12:00 - 14:00

Fri: 11:15 - 13:15

Cafeteria Lunch

Munich City Campus

Mo - Thu: 12:00 - 13:45

Fri: 12:05 - 12:50

“Healthy Snack Bar” (Haimhausen)

Mo - Thu: 08:00 - 16:45

Fri: 08:00 - 15:00

STROMBERG\*



# HAPPEN



STROMBERG\*