



We Are
SO HAPPY TO
Serve You

Welcome

FLIK Independent School Dining is proud to be a part of the Bishop O'Connell community as your dining service partner in the upcoming school year.

As a culinary-driven organization from inception, FLIK's focus has always been cooking fresh, whole foods and using quality ingredients. Our mission is to provide wholesome, nutritious meals that fuel the minds of our campus communities, each day. We will bring custom, made-from-scratch menus to the Bishop O'Connell campus, providing delicious, nutritious food to your community that also support local and sustainable agricultural practices.

We are thrilled to be a part of the Bishop O'Connell community and look forward to your feedback. Your manager can be contacted for any questions or comments regarding the menu or food innovations.

Together, we can nourish a brighter future!





Frequently **ASKED** *Questions*

WHAT IS FLIK?

FLIK is the last name of the couple who began our company in 1971. Building their company through corporate dining services and private catering, Rudi and Julie Flik eventually expanded into the education market, focusing on private and independent schools. In 1995, our parent company, Compass Group, acquired FLIK. We operate over 285 private and independent day and boarding schools nationwide, throughout 34 states.

Fun Fact: We operate 5 of the boarding schools on the Top 10 List of largest boarding schools by population in the U.S.

WHAT IS FLIK'S FOOD PHILOSOPHY?

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HOW ARE MENUS CREATED?

The on-site chef creates menus with local/regional flavors and ingredients. They receive guidance, training, and suggestions for on-trend, innovative ideas from a central FLIK culinary, nutrition, and marketing team.

WHAT IF I HAVE AN ALLERGY OR SPECIAL DIETARY NEED?

FLIK believes in a customized approach to serving students with special dietary needs. Schools receive support from registered dietitians regarding training, operation management, and communication to ensure safety.



Frequently **ASKED** *Questions*

WHAT KIND OF OFFERINGS WILL BE AVAILABLE?

- Scratch-prepared entrées, including a vegetarian option
- Sides including fresh vegetables and a starch
- Chef prepared specialty salads
- Deli sandwiches with in-house roasted turkey or roast beef.
- Sunbutter & Jelly sandwiches are also available daily
- Fresh fruit, yogurt parfaits, assorted snacks, and beverages
- Grab and go deli & salad options for those on the run



Our WELLNESS Programs

Diversity Highlights

We are committed to encouraging a supportive and inclusive culture internally and showcasing that philosophy in our food, specifically highlighting different groups and celebrating their unique food cultures.

Sustainability

Regenerative Agriculture and Dine in the Dark are examples of monthly campaigns to increase awareness on food sourcing, preserving natural resources, waste reduction and all the actions we can take individually and collectively to promote a sustainable future.

FLIK Clips

Our digital library on YouTube continues to grow. From our Teaching Kitchen content to other wellness, sustainability and culinary education pieces, our YouTube channel is an informative and interesting supplement to the dining hall, classroom and beyond! www.flik.org

Veg Edge

Common veggies just got more interesting! Popular vegetables are featured each month 4 different ways to highlight the variation in preparation and taste. Don't like those steamed Brussels Sprouts? Try the Brussels Tots recipe we developed! Plain old cauliflower not cutting it? Try our Buffalo Cauliflower Bites. And much more!

REVVED Up

FLIK signature recipes that pack an extra nutritional punch! This concept is an application of recipe enhancement--adding nutritious ingredients or making appropriate substitutions that make sense – without compromising the integrity of the recipe. The goal is that familiar recipes taste and appear as they normally would but have an improved nutritional profile.

Tried It!

Who doesn't love a sample? Each month several recipes are featured in sample form for feedback. No pressure! Students are encouraged to try the new recipes with the goal that they will ultimately be incorporated into the menu.

