



We are *so happy* to serve you!

*Welcome!*

*FLIK Independent School Dining is proud to be joining the Mercy Academy Community as your dining service partner in the upcoming year. We can't wait to meet you!*

### **What is FLIK'S Food Philosophy?**

As a culinary driven organization from inception, FLIK'S focus has always been cooking from fresh, whole foods and using quality ingredients. Our mission is to provide wholesome, nutritious meals that fuel the minds of our campus communities.

### **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?**

We happily provide options daily for every student with the community inclusive lunch program. Students with severe special dietary needs or allergens can meet with the Assistant Principal, new Chef Manager, or Regional Dietician Chelsea Anderson to review specific needs. Every menu includes options free of the major allergens, and if necessary, we can prepare a special plate for students with severe allergen needs.

### **What does a “community inclusive” program mean for my student?**

You can expect a robust, scratch made lunch complete with an entrée, sides, dessert, and infused water to be provided daily for every student. Lunch also includes a full soup and salad bar and deli bar where students can customize a salad or sandwich or wrap if they want something different or in addition to the daily entrée.

### **Will there be limitations on how much my student can eat at lunch?**

Students will be encouraged to take only what they will eat, but all students can have as much as they desire during lunch. They will not be limited to only the entrée or salad or deli. We won't let your student go hungry!

### **What if my student is picky eater?**

FLIK designs menus based on the needs of your community, and takes all taste preferences into account. There will be offerings for every student, from simple fan favorites like chicken tenders and pasta, to more complex, on trend and global offerings for more adventurous eaters. We encourage your daughter to share her feedback directly with the chef manager, and we will adapt based on the requests from the Mercy community.

### **Do students have a say in what is served in the dining hall?**

Yes! FLIK will provide a variety of mediums for feedback, including the FLIK IS DINING app, school surveys, and focus groups. We encourage the girls to share their thoughts in person or via one of these platforms to ensure everyone feels heard and valued.