



Cafeteria

Tokyo West International School (TWIS) cafeteria will always be there to provide the best service to the TWIS community including faculty, students, and staff. School Lunch is having a critical and important role to student health and well-being, - and ensures that students have good nutrition they need throughout the day to learn. Placed on the first floor of our school, we will always find them busy at lunch time preparing the school community's lunch.

Our cafeteria always prepares fresh, healthy, and high-quality meals and ingredients frequently come from our own garden. Lunch menus vary every day and feature a range of dishes that not only focus on Japanese food but also capture other countries' food. This ensures that:

- Students can develop healthy habits to support their ability to learn. By having healthy habits, TWIS hope that students can maintain healthy eating after school.
- Students can get used to any food, regardless of where they live, so that in the future whenever they go, they can understand the uniqueness of every food around the world.
- By offering a wider variety of fruits and vegetables, school will make students find an option they are willing to eat.
- Student satisfaction can be increased when offering a number of healthy options. Hopefully, the students will be more likely to find something nutritious they like to eat.

Cafeteria service.

Following the ongoing prevention of Covid-19 pandemic, below are our current guidelines regarding the lunch and snack time.

All students will stay in their classrooms during snack and lunch time where before Covid-19 they used to go to the cafeteria to eat together. However, these days considering the convenience itself, the school decided to continue the system of eating inside the classroom.

- For PreK~G4, the snacks and lunches will be brought to their respective classrooms by the cafeteria staff. G5~G9 will be responsible for grabbing their own lunch box from the Cafeteria.
- All snacks are individually wrapped and lunches are placed in each student's school lunch box.
- To follow the strict health and hygiene practices, we ensure that all kitchen staff will keep wearing masks and gloves constantly.
- Drinks, other than natural mineral water, will not be supplied in the cafeteria. Students need to bring their own water bottles and be refilled from the school dispenser.
- The lunch for each child will always follow each child's dietary restrictions and allergies to ensure their safety. We will provide separate and different menus for those who have dietary restrictions.
(Please note, we may not be able to facilitate it if there are too many dietary restrictions and allergies)
- The lunch and snacks will be distributed on time following the snack and lunch time schedule.
- All TWIS members who come to the cafeteria will be kindly asked to make a proper line and maintain appropriate physical distance while queuing in line.