



Catering, Food & Drink

Warm lunch is provided by our caterer *Zwergenküche Leipzig GmbH* for those who have contracted with them. Contracts can be requested at our reception desk. For children in our Nursery and in our Transition Group, there is an additional catered breakfast from *Zwergenküche Leipzig GmbH*.

There is no catered breakfast for the children after they transfer from Nursery into Early Years. For Early Years parents, if you would like to send your child with a breakfast to kindergarten, be sure that s/he **arrives by the latest at 8:30 to ensure time to enjoy breakfast.**

Please remember to provide your child with a healthy afternoon snack and a drink bottle each day. When not ordering lunch, parents are encouraged to support the children's healthy development by providing a well-balanced packed lunch.

Below are some examples of foods and drinks we encourage and discourage:

We encourage	Sometimes snacks for us are...	We discourage on a daily basis ...
Fresh & dried fruits	<i>Birthday & Holiday Treats</i>	Crisps & potato chips
Raw vegetables	When it is time to celebrate, then it is okay to share healthy as well as sweet treats like cookies, cakes or gummi bears with the children.	Chocolate bars
Whole grain bread snacks		Squeezes
Pretzels with sesame seeds		Juice packs
Muesli or muesli bars		Fizzy and carbonated drinks
Yoghurt	When your child has a birthday, ask the educators about allergies in the group beforehand.	Sweets
Water		Nuts and foods with nuts in Them. LIK is Nut-Free.
Unsweetened tea	<i>Baking Time.</i>	Snacks with added sugar
Meats and cheeses	Children use our children's kitchen to prepare healthy as well as special treats like cakes and cookies together with us.	Cookies
Boiled eggs		Cake

LIK is a nut-free zone!



Thank you for not bringing
nuts into LIK!