



fresh & tasty  
by Zátíší Group

**Dear Parents,**

**The purpose of this leaflet is to familiarize you with the daily meal options provided by Fresh & Tasty, a division of the Zátíší Group.**

Our mission is to listen to and learn from our families and students while we teach them how to make healthy food choices.

All of our food is made exclusively from fresh ingredients; we make everything the very same day that it is served (or, in some cases, the night before). We are absolutely confident in the quality of our ingredients, and we invite you to come, see and taste our food, or visit our pantry anytime to see for yourselves!

## **REGISTRATION**

If you would like us to provide nutritious and delicious lunches for your child, please register in our system.

**Current students** who are already registered can reactivate their account simply by clicking on the link they receive in the email from the canteen.

**New students** have to register online for the school canteen using an electronic form and prepay lunches. Please do so before school begins.

**The registration form for LFP can be found at [freshandtasty.cz/lfp](http://freshandtasty.cz/lfp)  
If you have trouble, please write to [lfp@zatisigroup.cz](mailto:lfp@zatisigroup.cz)**

## **ELECTRONIC CARD**

All students registered in our system from 4th grade and higher will receive an electronic card for obtaining lunch at the canteen.

Cards of preschool children and of students in grades 1 to 3 will be handled by the school and canteen staff. The card will be distributed by the school on September 4.

On the first day of school we plan to serve even if the student does not have the card yet. All students must be registered first in any case.

Students get the card for free. If a student loses the lunch card, he/she should notify the cashier immediately so that the original card may be blocked. A new card will be issued and remaining credit transferred to it. The cost of a new card is CZK 100, which will be debited from your account. Please note that Fresh & Tasty and the Zátíší Group cannot be held liable for any misuse of cards prior to notification of its loss. In the event a student forgets the card, they will be required to wait patiently until those students in the queue with cards are served and a manual search of the student's name is carried out in the cashier database.

## LUNCH DAYS

Part of the registration process is choosing the days of the week on which your child will be having lunch at the canteen. For the days you select, lunch menu 1 will be ordered automatically (menu 2 for vegetarians).

Since the student's schedule may not be fixed immediately, you can change this choice later. You can contact the canteen manager at [lfp@zatisigroup.cz](mailto:lfp@zatisigroup.cz) at any time during the first two weeks of school and change the days your student will eat at the canteen (please provide the student's name and ID).

## PAYMENT

**Lunches must be prepaid for the entire semester in advance,** depending on the number of days of the week your child will be eating at the canteen. **You can pay for all your child's meals at once or in two 50% installments.**

### LUNCH PRICE

**Preschool: 90 CZK**

**Primary School (1st - 5th Grade): 116 CZK**

**Youth and Adults: 116 CZK**

**One-time payment** (1st trimester, September to December, 65 days, price per trimester, in CZK):

Days	Preschool	Primary/Youth/Ad.
5 days	5,850	7,540
4 days	4,590	5,916
3 days	3,420	4,408

## If paying in 2 installments:

Days	Preschool	Primary/Youth/Ad.
5 days	2,925	3,770
4 days	2,295	2,958
3 days	1,710	2,204

The date of the first installment or a one-time payment is: by 10.9.2020  
The date of payment of the second installment is: by 31.10.2020

**A detailed schedule of payments for the following trimesters will be emailed to you before they begin.**

You can also pay CZK 129 (48 hours in advance) for a single lunch.

### 1. By direct bank transfer:

#### Domestic:

Account Number: 6136662/0800  
Variable Symbol: Student's ID  
Note for Recipient: Student's first and last names

#### International:

IBAN:  
CZ58 0800 0000 0000 0613 6662  
BIC: GIBA CZ PX  
Currency: CZK

Account holder:  
Zátiší Catering Group a. s.,  
Novotného lávka 5,  
110 00 Praha 1, Czech Republic  
Bank: Česká spořitelna

**Please include your child's first and last names and LFP in the Message for Recipient field.**

## 2. Online Card Payment

Alternatively, you can pay online with your Visa or Maestro card. You can find the link to payment gate in the email you receive after registration or after logging in at [freshandtasty.cz/lfp](https://freshandtasty.cz/lfp).

### HOW CAN I ORDER OR CANCEL LUNCH?

The menu is listed weekly on our website, [freshandtasty.cz/lfp](https://freshandtasty.cz/lfp).

You can manage lunch orders and make payments via our personal account system. Upon registering, you will receive login credentials via email. With these you can login at [lfp.septim.cz](https://lfp.septim.cz). If you have more than one child using the school canteen, you will receive separate account credentials for each.

#### You may change or cancel your lunch:

- **online or by e-mail**  
[lfp@zatisigroup.cz](mailto:lfp@zatisigroup.cz), no later than **48 hours in advance**
- **by telephone**, no later than **24 hours in advance**

**If your child will miss a lunch, you also have the following options.**

#### You can:

- pick up the lunch in the canteen
- have lunch delivered to your home at an additional cost

**Please note that if you do not cancel lunch on time, the price of**

**the lunch will automatically be charged to your account.**

### WHAT DOES THE LUNCH CONSIST OF?

The lunch menu consists of:

- Bread or other bakery product
- Soup or salad bar
- Main course (with animal protein)
- Side dish
- Cheese or dairy product
- Dessert
- Water

#### Preschool:

Lunch for preschool children consists of smaller portions of salad and fruit, soup, crudités, main course, dessert, bread or other bakery products, cheese. Water is also served.

#### Salad bar service

The salad bar offers unlimited consumption of a wide selection of products (fresh vegetables, ready-made salads, pastries, cheeses, olive oil, balsamic vinegar, salt, pepper, homemade dressings and pesto). The menu and service of the salad bar can be adjusted to meet the all hygienic safety requirements for the Covid epidemic.

On days when pork is served as a main course, the school canteen provides pasta as an alternative warm meal.

## **ALLERGENS**

All menu items come with a list of allergens and ingredients, so that students with food intolerance or other dietary preferences can order food themselves.

## **HOW CAN I GET MY MONEY BACK IF MY CHILD LEAVES THE LFP?**

If your child will no longer be attending the Lycée Français de Prague and you would like to be reimbursed for the balance of your account, please contact your school office.

## **HOW CAN I GIVE MY FEEDBACK?**

We very much appreciate all feedback. Feel free to contact the manager of the canteen in person or via email at [lfp@zatisigroup.cz](mailto:lfp@zatisigroup.cz) at any time.

## **CANTEEN COMMITTEE**

The purpose of the Canteen Committee is to help the school and the canteen to achieve and maintain a high level of service and satisfaction for the diners. The Committee is comprised of representatives from the canteen and the school as well as parents and students. Meetings are chaired by the Business and Operations Manager. The Committee meets three to four times a year. Meetings are open to the public and the minutes are published.

Individuals may submit ideas or suggestions to any member of the Committee for consideration. Please feel free to contact us any time in person or via the contacts listed on the back side.

## **WELLNESS POLICY**

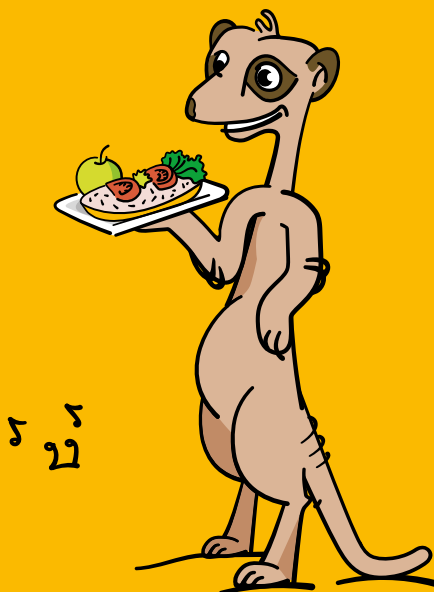
The purpose of our Fat & Sweet policy is to help the students and staff of the Lycée Français de Prague achieve greater levels of health and wellness by making informed, sensible diet choices and adopting a balanced, healthy lifestyle. We believe that eating in a group settings is more than just feeding the children. Our concept integrates nutrition, child development, and food safety. School encourages healthy foods such as wholegrain products, milk, fresh fruit, vegetables and 100% juices. Certain foods, such as full-fat dairy products, pies and doughnuts, will be allowed on a limited basis.

## STAY SAFE AND HEALTHY

During the Covid-19 pandemic, the cafeteria will be operated according to a modified schedule to keep your children safe. All Covid-19 pandemic rules and restrictions will be presented in detail at the cafeteria and on the Fresh & Tasty website.

### What we do to protect your children:

1. we use masks
2. we monitor our healthy
3. we regularly wash and disinfect our hands, we use gloves
4. we pack all the products
5. at regular intervals, we disinfect tables and chairs with professional products
6. we have provided hand disinfection at the entry points



Coordonnées / Kontakty /  
Contact details:

**Martina Vojáčková**  
**FLOOR MANAGER**

+420 775 850 204  
lfp@zatisigroup.cz  
freshandtasty.cz/lfp