

## Dining Hall at CDS welcomes students



**By Mark Pavillons**

Students at King's Country Day School have many meal options in the new state-of-the-art dining hall.

For 43 years, Country Day School (CDS) has gone without a cafeteria or dining hall, and the transformation that this new addition has created for the school is nothing short of phenomenal.

Not only does this Marché-style setup offer some of the healthiest meal options imaginable – salad bar with quinoa, edamame, olives, grilled vegetable paninis, eggplant rolls, and flank steak and corn on the cob – but students are eating incredibly balanced meals as a result.

“The smiling faces you see everywhere are priceless,” said Kim Sillcox, director of external communications.

With all of the discussion around the need for children to eat more nutritious meals, what's happening at CDS is a great example of how “if you serve healthy food, students will eat it.”

The main themes are engagement and education, local and sustainable and seasonal menus.

The dining hall caters to all tastes and dietary needs.

The “Green Kitchen” caters to students who follow a vegetarian or vegan diet, as well as those with food allergies.

The “Country Kitchen” encompasses the main precepts of healthy eating, traditional favourites and athletic-centric offerings.

At the “Deli Market” students can create their own sandwich, just the way they like it.

Prepared right in front of their eyes, students can watch their meals be made at the “Live Kitchen.”

The only way to enjoy soup is from scratch, and that's how it's served at “The Bowl.”

Rotating daily specials featuring authentic Italian dishes, are provided at “The Oven.” Favourites include pizza and pastas.

The “Energy Bar” provides refreshing and nutritious drinks of all varieties.

Rotating varieties of freshly cut vegetables are provided at “Field of Greens” to give the students healthy salads.