

The Wellness-First Menu: Inside Lancers' Wellness-First Approach to School Dining

How Lancers Is Setting a New Standard for School Food

At Lancers International School, wellness isn't a programme—it's a philosophy. And nowhere is this more evident than in the school's visionary transformation of its food experience. **Lancers' wellness-first menu is more than a shift in food—it's a rethinking of student care.** In a bold move that merges culinary sophistication with a deep commitment to student wellbeing, Lancers has launched a menu that's as thoughtful as it is delicious.

"We've always believed that education is holistic," says the Principal. "How students eat is as important as what they learn."

The revamped offerings are a case in point. Heavy, sluggish meals have been replaced with vibrant, nutrient-rich dishes designed to support energy, focus, and growth. Picture a **grilled lentil pancake roll**, rich in plant protein and paired with a tangy tomato salsa—or



broccoli, corn, and cheese multigrain tartlets, oven-baked to golden perfection, offering a balanced mix of fibre, calcium, and complex carbohydrates. For younger students, creamy **cottage cheese on multigrain toast**, topped with cucumber ribbons and microgreens, delivers both calcium and crunch in a kid-friendly format.

And let's not forget the school's **youngest learners**. Their day begins with **freshly baked beetroot chips**

and **fruit-infused water**, and they enjoy **warm millet porridge** as part of their afternoon routine. These snacks are served **within the classroom**, fostering a comforting routine that supports both nutrition and emotional security.

"Food is not just something we serve. It's something we stand for," adds the Principal. "We see it as the foundation of wellbeing, learning, and lifelong habits."

Mid-morning snacks for older students focus on light, energising options such as air-fried banana chips, seasonal fruits, or handcrafted granola bites—designed to gently awaken the senses and prepare students for a high-performance day.

By lunchtime, the school's philosophy of **functional wellness** takes centre stage. Each meal is planned to support stamina, digestion, and sustained mental clarity—essential in a school where students flow from inquiry-based learning to dynamic sports and leadership programmes. A standout this term: **multigrain rolls with roasted vegetables and hummus**, served with **fresh watermelon slices and mint chutney**—light, refreshing, and packed with fibre and hydration.

But the innovation doesn't stop there.



Lancers' cafeteria now features a **live Japanese counter**, where chefs prepare **fresh sushi rolls** and **fluffy Japanese pancakes**—bringing the theatre of global cuisine into the everyday school experience.

Each ingredient is chosen not for trend, but for purpose. Meals are often oil-free, made with **local, pesticide-free produce**, and always free from artificial additives. Menus come with **clear calorie counts**, and include **vegan, vegetarian, and gluten-free options**, along with simple food facts: *how turmeric boosts immunity, how quinoa*

supports muscles, how fibre sharpens focus.

The impact? **Fewer sugar crashes. Improved moods. Sharper focus.**

“We’ve seen children become more adventurous eaters, and many parents now recreate our recipes at home,” says the Head of Food & Wellness.

In a world racing toward convenience and speed, Lancers International School is doing something rare: making mealtimes **intentional, meaningful, and educational**. With **chef-led kitchens, student-led tastings**, and a deeply **evidence-based approach**, Lancers isn’t just changing what’s on the plate.

It’s redefining the very purpose of the plate.