



## STAFF FOOD

It is every chef's responsibility to ensure the staff that work within their chalet are properly fed. Breakfast, lunch and dinner must be provided as part of every member of staff's employment package and it cannot be expected the Chardons chalet will pick up the slack.

Everybody here works long hours and in physically demanding jobs (plus they are out skiing most days). Therefore, please ensure they are given a hearty breakfast, a well-balanced evening meal and a packed lunch is made for them each day.

Every chalet is stocked with fresh fruit, vegetables and meat, with a large range of ingredients in your stores. There is no excuse not to be able to cook a delicious meal that you all can enjoy together as a team. Please discuss within your chalet team their eating preferences and dietary requirements.

No one should ever feel hungry, undervalued or feel awkward about getting their meals. It is the company's responsibility to provide food for the staff, therefore it is your responsibility as a chef to facilitate this. It's vital the staff feel properly looked after and well fed. Just make sure you are feeding the staff well in order to keep morale high, energy high & teamwork high!

***"...an army marches on their stomach".***

Staff should not eat during service or in front of their guests. Chefs are responsible for arranging a sit-down meal for the chalet team at 6.15pm every night for 15 minutes. Every meal must include one portion of protein (veggie or meat depending on their dietary needs), one portion of carbohydrates (rice/pasta/potatoes/quinoa) and at least one vegetable or salad portion. This needs to be a well-planned-out, well-balanced hot meal.

Please ensure that staff are not taking plates or inventory from the chalet back to their own accommodation.

Please do not feed any staff members outside of your team in the chalet unless specifically asked to do so by your Resort Manager or Executive Chef as some ancillary staff will be allocated to your chalet to be fed. Other staff should never be there eating, if they do request food you must say no! The main Chardons building provides staff food for everyone who works outside of the chalets, the only time other members of staff should be there is for work purposes only. People have paid a lot of money to stay in our chalets; they must feel safe, secure and relaxed on their holiday, especially if children are there too. If there are lots of people coming and going they may question their security.



## **Sample Staff Menu**

### **Breakfast (everyday)**

You should offer staff anything from the guest menu that day, including hot options of their choice. Please make enough to cover this.

### **Lunch (ready for 11am when the shift finishes)**

Sandwiches on white or brown bread to take away. In your chalet you should have enough to cover your weekly menu, plus lunch items below. Alongside sandwiches, you should make sure staff are offered a fresh piece of fruit and that any left-over cake has been wrapped up for them to take away.

Sandwich filling ideas include:

- Cheese
- Ham, salami, chorizo
- Lettuce, tomato, red onion, cucumber
- BLT
- Egg mayo
- Egg, ham & salad
- Day 3 - left over pork and stuffing
- Day 5 - tapenade, cheese and tomato
- Day 7 - left over chicken curry with carrot and red onion salad
- Day 7 - make extra falafel on Thursday for falafel & raita sandwiches
- Day 1 - left over duck and red cabbage

When you are making a soup for starters or for canape shooters, you could make extra and leave it in the fridge for the staff. This can be a nice, warm change from sandwiches. Any left-over food should be put in a Tupperware container and labelled as 'Help Yourself'. Put this in a dedicated area of your fridge where staff know they can help themselves to any left-overs.

On change over day, a pasta dish for lunch where you all sit down and eat together would be a good option too and good for team harmony on a long hard day. A simple, quick pasta dish such as carbonara or penne with tomato sauce all served with garlic bread would be ideal as you will be helping with the changeover.



## Dinner

### Day 1:

- Beef or vegetarian/vegan bourguignon with mash and veg

### Day 2:

- Everyone loves a roast no matter what eating habits they may have. Make sure there is enough nut roast/meat and veg, so each member of staff has a good amount to eat.
- Also, apple and berry crumble is a favourite of most so make enough for all staff including custard

### Day 3:

- A healthy option if you have vegetarian or vegan guests is to cook more quinoa and make a quinoa salad with some of the salad veg options. You could also flake a salmon fillet over the salad.
- Extra stuffed peppers made for the staff has always been a winner
- Extra salmon and pasta with veg should always be made

### Day 4:

- Tartiflette can be quite a monotonous option and it is only acceptable to offer this once a month. Ensure your team get a different offering on this night
- Ideas include: carbonara or Bolognese with salad, pasta bake with salad (make sure it includes the protein, carbohydrate and veg/salad requirements for staff meals)

### Day 5:

- Chalet day off - you will eat staff food for all 3 meals in Chardons (Note some chalets have alternative nights off so please rotate these options as applicable)

### Day 6:

- Curry night! Who doesn't love a curry! Plenty of options for dietary needs

### Day 7:

- Confit duck night. Again, a really popular night for the staff!

**TIP** - If you have children staying in the chalet for the week, you could offer the staff the children's options as well. It can be a nice change from standard meals and is all home-cooked, fresh food.