

1st of January



LUNCH MENU

HOLIDAY	Tuesday 2 January	Wednesday 3 January	Thursday 4 January	Friday 5 January
	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
	Lentil Soup (55 cal)	Tomato Soup (80 cal)	Broccoli Soup (58 cal)	Mushroom Soup (63 cal)
	Grilled Chicken (139 cal)	Mixed Pizza (260 cal)	Baked Meat with Vegetables (143 cal)	Haricot bean with Meat (135 cal)
	Lavash Bread (165 cal)		Turkish Style "Bulgur" Rice (114 cal)	Rice (190 cal)
	Rice (190 cal)			
	Yoghurt Drink - Ayran (156 cal)			
	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
	Grilled Vegetables (96 cal)	Veggie Pizza (174 cal)	Mushroom Quiche (295 cal)	Haricot bean (135 cal)
	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
	Baked Potato (195 cal)	Baked Potato (195 cal)	Baked Potato (195 cal)	Baked Potato (195 cal)
	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
	Iceberg Lettuce Salad (14 cal)	Mediterranean Salad (14 cal)	Iceberg Lettuce Salad (14 cal)	Mediterranean Salad (14 cal)
	Carrot Salad (42 cal)	Carrot Salad (42 cal)	Carrot Salad (42 cal)	Carrot Salad (42 cal)
	Eggplant Salad - Simsaki (126 cal)	Noodle Salad with Vegetables (335 cal)	Red Pepper Tartare (60 cal)	Stuffing (96 cal)
	Mexican Salad (96 cal)	Purslane Salad (114 kcal)	Couscous (335 cal)	Yoghurt with mint - Haydari (125 cal)
	Yoghurt (76 cal)	Yoghurt (76 cal)	Yoghurt (76 cal)	Peackles)12 kcal) or Yoghurt (76 cal)
	DESSERT	DESSERT	DESSERT	DESSERT
	Fruit (70 cal)	Brown Cake (231 kcal)	Oat Apple Pie (231 cal)	Cheesecake (321 cal)
	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
	Fruit (70 cal)	Milk (46 cal)	Egg (80 cal)	Milk (46 cal)
	Lavash Bread (157 cal)	Fruit (70 cal)	Fruit (70 cal)	Fruit (70 cal)
	Yoghurt Dip (128 cal)	Brown Bread (221 cal)	Sliced Carrots & Cucumbers (42 cal)	Brown Bread (221 cal)
		Honey (307 cal)	Brown Bread (221 cal)	Honey (307 cal)
		Cream Cheese (210 cal)		Cream Cheese (210 cal)

***Calories are calculated per 100gr portions.

Fruit..... Served to all students during morning and afternoon break times.

Sweetcorn / pea / broccoli / carrot is served warm for PRE-SCHOOL, RECEPTION and 1st Grade students every day.

LUNCH MENU

Monday 8 January	Tuesday 9 January	Wednesday 10 January	Thursday 11 January	Friday 12 January
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 cal)	Tomato Soup (80 cal)	Mushroom Soup (63 cal)	Broccoli Soup (58 cal)	Turkish Style "Ezogelin" Soup (90 cal)
Turkish Style Ravioli - "Manti" (218 cal)	Chicken with Curry Sauce (139 cal)	Roasted Meatballs (325 cal)	Lasagne With Meat (365 kcal)	Baked Turkey with Sauce (210 cal)
Fresh Tomato Sauce (68 cal)	Vegetable Rice (175 cal)	Potato Wedges (107 cal)		Rice (190 cal)
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Veggie Pizza (174 cal)	Roasted Mushroom (96 cal)	Baked Vegetables Kebab (180 cal)	Lasagne with Vegetables (183 kcal)	Lentil Meatballs (105 cal)
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195 cal)	Baked Potato (195 cal)	Baked Potato (195 cal)	Baked Potato (195 cal)	Baked Potato (195 cal)
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Iceberg Lettuce Salad (14 cal)	Mediterranean Salad (14 cal)	Iceberg Lettuce Salad (14 cal)	Mediterranean Salad (14 cal)	Iceberg Lettuce Salad (14 cal)
Carrot Salad (42 cal)	Carrot Salad (42 cal)	Carrot Salad (42 cal)	Carrot Salad (42 cal)	Carrot Salad (42 cal)
Cauliflower Salad (95 cal)	Mushroom Saute (86 cal)	Turkish Style Artichoke Salad (53 cal)	Grilled Eggplant & Pepper (175 cal)	Stuffing (96 cal)
Okra (43 cal)	Lentil Salad (128 cal)	Carrot Tarator (113 cal)	Courgette Tarator (102 cal)	Bulgur Salad - Kisir (335 cal)
Yoghurt (76 cal)	Yoghurt (76 cal)	Yoghurt (76 cal)	Yoghurt (76 cal)	Yoghurt (76 cal)
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit Yoghurt (115 cal)	Oat Biscuit (215 cal)	Fruit (70 cal)	Brown Cake (231 cal)	Profiterole (369 cal)
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46 cal)	Milk (46 cal)	Egg (80 cal)	Milk (46 cal)	Milk (46 cal)
Fruit (70 cal)	Fruit (70 cal)	Fruit (70 cal)	Fruit (70 cal)	Fruit (70 cal)
Brown Bread (221 cal)	Lavash Bread (157 cal)	Sliced Carrots & Cucumbers (42 cal)	Lavash Bread (157 cal)	Brown Bread (221 cal)
Honey (307 cal)	Yoghurt Dip (128 cal)	Brown Bread (221 cal)	Yoghurt Dip (128 cal)	Honey (307 cal)
Cream Cheese (210 cal)				Cream Cheese (210 cal)

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LUNCH MENU

Monday 15 January	Tuesday 16 January	Wednesday 17 January	Thursday 18 January	Friday 19 January
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 cal)	Tomato Soup (80 cal)	Broccoli Soup (58 cal)	Mushroom Soup (63 cal)	Turkish Style "Ezogelin" Soup (90 cal)
Turkish Style Spinach With Meat(218 cal)	Grilled Chicken (210 cal)	Mixed Pizza (260 cal)	Baked Cauliflower Gratin (293 cal)	Chickpea with Meat (210 cal)
Penne Pasta(68 cal)	Rice (190 cal)		Turkish Style "Bulgur" Rice (114 cal)	Rice (190 cal)
	Lavash Bread (157 cal)			
	Yoghurt Drink- Ayran (156 cal)			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Spinach (180 cal)	Baked Vegetables (295 cal)	Veggie Pizza (174 cal)	Cauliflower (98 cal)	Chickpea with Vegetables (105 cal)
2nd Choice	2nd Choice	2nd Choice	2nd Choice	2nd Choice
Baked Potato (195 cal)	Baked Potato (195 cal)	Baked Potato (195 cal)	Baked Potato (195 cal)	Baked Potato (195 cal)
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Mixed Green Salad (14 cal)	Mediterranean Salad (14 cal)	Mixed Green Salad (14 cal)	Mediterranean Salad (14 cal)	Iceberg Lettuce Salad (14 cal)
Carrot Salad (42 cal)	Carrot Salad (42 cal)	Carrot Salad (42 cal)	Carrot Salad (42 cal)	Carrot Salad (42 cal)
Turkish Style Beans – Pilaki (150 cal)	Turkish Style Eggplants – Babagannus (126 cal)	Turkish Style Artichoke Salad (53 cal)	Grilled Eggplant Salad (175 cal)	Pepper Stuffing (96 cal)
Red Cabbage in Yoghurt (95 cal)	Mexican Salad (96 cal)	Noodle Salad With Vegetables (193 cal)	Pepper With Yoghurt - Tatari (102 cal)	Bulgur Salad - Kisir (335 cal)
Yoghurt (76 cal)	Yoghurt (76 cal)	Yoghurt (76 cal)	Yoghurt (76 cal)	Yoghurt (76 cal)
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit Yoghurt (115 cal)	Oat Biscuit (215 cal)	Fruit (70 cal)	Brown Apple Pie (231 cal)	Tiramisu (266 cal)
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46 cal)	Milk (46 cal)	Milk (46 cal)	Milk (46 cal)	Milk (46 cal)
Fruit (70 cal)	Fruit (70 cal)	Fruit (70 cal)	Fruit (70 cal)	Fruit (70 cal)
Brown Bread (221 cal)	Lavash Bread (157 cal)	Brown Bread (221 cal)	Cracker (157 cal)	Brown Bread (221 cal)
Honey (307 cal)	Yoghurt Dip (128 cal)	Honey (307 cal)	Yoghurt Dip (128 cal)	Honey (307 cal)
Cream Cheese (210 cal)		Cream Cheese (210 cal)		Cream Cheese (210 cal)

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LUNCH MENU

Monday 22 January	Tuesday 23 January	Wednesday 24 January	Thursday 24 January	Friday 25 January
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 cal)	Tomato Soup (80 cal)	Broccoli Soup (58 cal)	Mushroom Soup (63 cal)	Turkish Style "Ezogelin" Soup (90 cal)
Turkish Style Ravioli - "Manti" (218 cal)	Stuffed Peppers With Meat (180 cal)	Mixed Pizza (274 cal)	Baked Meat with Vegetables (143 cal)	Baked Chicken (285 cal)
Fresh Tomato Sauce (68 cal)	Penne Pasta (165 cal)		Turkish Style "Bulgur" Rice (114 cal)	Rice (190 cal)
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Veggie Manti (98 cal)	Mashrooms With Vegetables (180 cal)	Lasagne With Vegetables (174 kcal)	Lentil Meatball (295 cal)	Baked Vegetables Kebab (180 cal)
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195 cal)	Baked Potato (195 cal)	Baked Potato (195 cal)	Baked Potato (195 cal)	Baked Potato (195 cal)
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Iceberg Lettuce Salad (14 cal)	Mediterranean Salad (14 cal)	Iceberg Lettuce Salad (14 cal)	Mediterranean Salad (14 cal)	Iceberg Lettuce Salad (14 cal)
Carrot Salad (42 cal)	Carrot Salad (42 cal)	Carrot Salad (42 cal)	Mixed Salad (42 cal)	Carrot Salad (42 cal)
Cauliflower Salad (95 cal)	Mushroom Saute (86 cal)	Baked Zucchini (193 cal)	Eggplant Salad (175 cal)	Bulgur Salad - Kisir (335 cal)
Yoghurt (76 cal)	Purslane Salad (114 kcal)	Chickpea Salad (196 cal)	Pepper Salad (60 cal)	Kidney Bean Salad (180 cal)
Turkish Style String Beans (150 cal)	Yoghurt (76 cal)	Yoghurt (76 cal)	Yoghurt (76 cal)	Yoghurt (76 cal)
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit Yoghurt (115 cal)	Oat Biscuit (215 cal)	Fruit (70 cal)	Brown Cake (231 cal)	Turkish Style Milk and Rice Dessert - Sutlac (210 cal)
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46 cal)	Milk (46 cal)	Milk (46 cal)	Milk (46 cal)	Milk (46 cal)
Fruit (70 cal)	Fruit (70 cal)	Fruit (70 cal)	Fruit (70 cal)	Fruit (70 cal)
Brown Bread (221 cal)	Lavash Bread (157 cal)	Brown Bread (221 cal)	Lavash Bread (157 cal)	Brown Bread (221 cal)
Honey (307 cal)	Yoghurt Dip (128 cal)	Honey (307 cal)	Yoghurt Dip (128 cal)	Honey (307 cal)
Cream Cheese (210 cal)		Cream Cheese (210 cal)		Cream Cheese (210 cal)

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