

LUNCH MENU

Monday 29 January	Tuesday 30 January	Wednesday 31 January	Thursday 1 February	Friday 2 February
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal)	Tomato Soup (80cal)	Broccoli Soup (58 cal)	Mushroom Soup (63 cal)	Turkish Style Lentil Soup- Ezogelin Soup (90cal)
Spaghetti Bolognese (151cal)	Grilled Chicken (139cal)	Mixed Pizza (260cal)	Turkey Schnitzel (512 cal)	Haricot Bean with meat (165 cal)
Grated Cheese (425cal)	Lavash Bread (157cal)		Wheat Rice (119cal)	Rice (190cal)
	Rice (190cal)			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Spaghetti with Vegetables (98 cal)	Quiche with vegetables (295cal)	Vegetarian Pizza (174cal)	Grilled vegetables (96 cal)	Haricot Bean (98 cal)
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Mixed Green Salad (14cal)	Mediterranean Salad (13cal)	Mixed Green Salad (14cal)	Mediterranean Salad (13cal)	Mixed Green Salad (14cal)
Carrot (42 cal)	Carrot (42 cal)	Carrot (42 cal)	Carrot (42 cal)	Carrot (42 cal)
Bean Salad (43 kcal)	Eggplant Salad (126 cal)	Noodle Salad (193 cal)	Baked zucchini (119 cal)	Stuffed (96 cal)
Red Cabbage Salad (45 kcal)	Mexican Salad (96 cal)	Mushroom Saute (86 cal)	Couscous (57 cal)	Peackle (12 cal)
			Pepper salad with yoghurt (102 cal)	Yoghurt with mint - Haydari (125 cal)
Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit Yoghurt (115 cal)	Wheat Cake (232 cal)	Apple Pie (278 cal)	Chocolate Puding- Supangle (159 cal)	Cheesecake (321 cal)
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal)	Fruit (70cal)	Milk (46cal)	Egg (46 cal)	Milk (46cal)
Fruit (70cal)	Lavash Bread (157cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)
Brown Bread (221cal)	Yogurt Dip (128cal)	Brown Bread (221cal)	Sliced carrot and cucumber (157 cal)	Brown Bread (221cal)
Honey (307cal) Dip		Honey (307cal) Dip	Brown Bread (221cal)	Honey (307cal) Dip
		Cream Cheese (210cal)		Cream Cheese (210cal)

Calories are calculated per 100gr portions

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

PRE-SCHOOL, RECEPTION and YEAR 1 Students: Every day vegetables hot meal will be served (alternatively corn, carrot, broccoli and pease)