



LUNCH MENU

Monday 30 October	Tuesday 31 October	Wednesday 1 November	Thursday 2 November	Friday 3 November
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)	Turkish Style Eggplants Stuffed With Minced Meat (191.4 cal)	Fish Finger (193 cal)	Meat Lasagne (365 cal)	Chicken Schnitzel (320 cal)
Fresh Tomato Sauce (68 cal)	Rice (175 cal)	Potato Grattin (295 cal)		Rice (175 cal)
	Tzatziki - "Cacik" (122 cal)	Sweetcorn (76 cal)		
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Vegetable Pasta Bake (180 cal)	Eggplants Stuffed with Vegetables (280 cal)	Courgette Cakes (98 cal)	Vegetable Lasagne (183 cal)	Baked Vegetables (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
Mixed Green Salad (14 cal)	Mediterranean Salad (14 cal)	Mixed Green Salad (14 cal)	Mediterranean Salad (14 cal)	Mixed Green Salad (14 cal)
Sliced Tomato & Cucumbers (42 cal)	Mixed Salad (42 cal)	Sliced Tomato & Cucumbers (42 cal)	Mixed Salad (42 cal)	Sliced Tomato & Cucumbers (42 cal)
Turkish Style Spinach (42 cal)	Mushroom & Courgette Salad (86 cal)	Baked Courgette & Yoghurt (119 cal)	Turkish Style Kidney Beans (332 cal)	Couscous (335 cal)
Cauliflower Salad (95 cal)	Potato Salad (128 cal)	Chickpea Salad (122 cal)	American Salad (114 cal)	Stuffed Red Peppers (180 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)	Cheesecake (321 cal)
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46 cal)	Fruit (70 cal)	Milk (46 cal)	Milk (46 cal)	Milk (46 cal)
Fruit (70 cal)	Lavash Bread (157 cal)	Fruit (70 cal)	Fruit (70 cal)	Fruit (70 cal)
Brown Bread (221 cal)	Yoghurt Dip (128 cal)	Brown Bread (221 cal)	Lavash Bread (157 cal)	Brown Bread (221 cal)
Honey (307 cal)		Honey (307 cal)	Yoghurt Dip (128 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 6 November	Tuesday 7 November	Wednesday 8 November	Thursday 9 November	Friday 10 November
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)	Tomato Soup (80 cal)
Spaghetti Bolognese (151 cal)	Grilled Chicken (139 cal)	Mixed Pizza (260 cal)	Baked Meat with Vegetables (143 cal)	Baked Pasta (382 cal)
Grated Cheese (425 cal)	Lavash Bread (165 cal)		Turkish Style "Bulgur" Rice (114 cal)	
	Rice (190 cal)			
	Ayran (156 cal)			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Veggie Spaghetti (98 cal)	Grilled Vegetables (96 cal)	Veggie Pizza (174 cal)	Mushroom Quiche (295 cal)	Baked Pasta (382 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)	Mixed Green Salad (14 cal)
Sliced Tomato & Cucumbers (42 cal)	Mixed Salad (42 cal)	Sliced Tomato & Cucumbers (42 cal)	Mixed Salad (42 cal)	Sliced Tomato & Cucumbers (42 cal)
Turkish Style Green Beans (43 cal)	Eggplant Simaki (126 cal)	Barley Salad (193 cal)	Baked Courgette (119 cal)	Stuffing (96 cal)
Red Cabbage (45 cal)	Mexican Salad (96 cal)	Pepper Salad (60 cal)	Red Pepper Tartare (60 cal)	Haydari (125 cal)
Yoghurt (76 cal)	Yoghurt (76 cal)	Yoghurt (76 cal)	Yoghurt (76 cal)	Yoghurt (76 cal)
			Couscous (57 cal)	
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit Yoghurt (115 cal)	Brown Cake (231 cal)	Fruit (70 cal)	Brown Apple Pie (168 cal)	Profiterole (369 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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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 13 November	Tuesday 14 November	Wednesday 15 November	Thursday 16 November	Friday 17 November
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 - "Mantri" (218 cal)	Turkish Style Meat Meal - "Türlü" (221 cal)	Roasted Meatballs (325 cal)	Fish Finger (193 cal)	Chicken with Sauce (210 cal)
Fresh Tomato Sauce (68 cal)	Vegetable Rice (175 cal)	Potato Wedges (107 cal)	Potato Gratin (295 cal)	Rice (190 cal)
			Sweetcorn (76 cal)	
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Baked Vegetable Pasta (180 cal)	Turkish Style Baked Vegetables - "Türlü" (200 cal)	Baked Vegetables (180 cal)	Courgette Cakes (98 cal)	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
Mixed Green Salad (14 cal)	Mediterranean Salad (14 cal)	Mixed Green Salad (14 cal)	Mediterranean Salad (14 cal)	Mixed Green Salad (14 cal)
Sliced Tomato & Cucumbers (42 cal)	Mixed Salad (42 cal)	Sliced Tomato & Cucumbers (42 cal)	Mixed Salad (42 cal)	Sliced Tomato & Cucumbers (42 cal)
Okra (43 cal)	Mushroom Saute (86 cal)	Turkish Style Artichoke Salad (53 cal)	Grilled Eggplant & Pepper (175 cal)	Stuffed Red Peppers (180 cal)
Cauliflower Salad (95 cal)	Lentil Salad (128 cal)	Carrot Tarator (113 cal)	Courgette Tarator (102 cal)	Couscous (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)	Turkish Dessert - Sutlac (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)	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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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 20 November	Tuesday 21 November	Wednesday 22 November	Thursday 23 November	Friday 24 November
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)
Spaghetti Bolognese (151 cal)	Grilled Chicken (139 cal)	Mixed Pizza (260 cal)	Baked Meat with Vegetables (143 cal)	Chickpeas with Meat (285 cal)
Grated Cheese (425 cal)	Lavash Bread (165 cal)		Turkish Style "Bulgur" Rice (114 cal)	Rice (190 cal)
	Rice (190 cal)			
	Ayran (156 cal)			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Veggie Spaghetti (98 cal)	Grilled Vegetables (96 cal)	Veggie Pizza (174 cal)	Mushroom Quiche (295 cal)	Chickpea (196 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)	Mixed Green Salad (14 cal)
Sliced Tomato & Cucumbers (42 cal)	Mixed Salad (42 cal)	Sliced Tomato & Cucumbers (42 cal)	Mixed Salad (42 cal)	Sliced Tomato & Cucumbers (42 cal)
Turkish Style Beans – Pilaki (150 cal)	Turkish Style Eggplants – Babagannus (126 cal)	Barley Salad (193 cal)	Eggplant Salad (175 cal)	Couscous (335 cal)
Red Cabbage in Yoghurt (95 cal)	Mexican Salad (96 cal)	Turkish Style Celery Salad (172 cal)	Pepper Salad (60 cal)	Stuffed Peppers (180 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)	Brown Cake (231 cal)	Fruit (70 cal)	Brown Apple Pie (168 cal)	Tiramisu (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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LUNCH MENU

Monday 27 November	Tuesday 28 November	Wednesday 29 November	Thursday 30 November	Friday 1 December
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentip Soup (55 cal)	Tomato Soup (80 cal)	Broccoli Soup (58 cal)	Courgette Soup (58 cal)	Turkish Style "Ezogelin" Soup (90 cal)
Turkish Style Ravioli - "Manti" (218 cal)	Roasted Chicken (230 cal)	Meat Lasagne (365 cal)	Grilled Meatballs (365 cal)	Baked Turkey (187 cal)
Fresh Tomato Sauce (68 cal)	Vegetable Rice (175 cal)		Pasta (329 cal)	Rice (190 cal)
			Ayran (156 cal)	
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Baked Vegetable Pasta (180 cal)	Roasted Mushrooms (120 cal)	Vetegable Lasagne (183 cal)	Lentil Meatballs (105 cal)	Baked Vegetables (152 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)	Mixed Green Salad (14 cal)
Sliced Tomato & Cucumbers (42 cal)	Mixed Salad (42 cal)	Sliced Tomato & Cucumbers (42 cal)	Mixed Salad (42 cal)	Sliced Tomato & Cucumbers (42 cal)
Turkish Style Green Beans (43 cal)	Mushroom Saute (86 cal)	Baked Mashed Courgettes (119 cal)	Eggplant Salad (175 cal)	Couscous (335 cal)
Cauliflower Salad (95 cal)	Mercimek Salatası (128 cal)	Chickpea Salad (122 cal)	Pepper Salad (60 cal)	Turkish Style Kidney Beans (124 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)	Turkish Dessert – Revani (696 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)

***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.