

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)

LUNCH MENU

Monday 5 February	Tuesday 6 February	Wednesday 7 February	Thursday 8 February	Friday 9 February
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal)	Tomato Soup (80cal)	Broccoli Soup (58 cal)	Mushroom Soup (63cal)	Tomato Soup (80cal)
Turkish Style Ravioli (218cal)	Oven Baked Chicken (291 cal)	Roast Beef Meat Ball (325 cal)	Baked meat with vegetables (143 cal)	Oven Baked Turkey (165 Kcal)
Fresh Tomato Sauce (68cal)	Rice (190 cal)	Mash Potatoe (180cal)	Wheat Rice (89cal)	Rice (190 cal)
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Vegetable Pasta Bake (180cal)	Fried Mushroom (120cal)	Oven Baked Vegetables Kebab (180 cal)	Vegetables Kebab (180 cal)	Lentil Balls (105 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)
Bamya (43 cal)	Portulaca Salad (27 cal)	Arpa Şehriyeli Salata (193 kcal)	Patlıcan Biber Kızartms (175 Kcal)	Stuffed (96 cal)
Cauliflower Salad (95 cal)	Green Lentil Salad (96 cal)	Artichoke (193 cal)	Zucchini Salad with other vegetables- Tarator(107 cal)	Bulgur Salad - Kısır (335 Kcal)
Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)	Potato Salad (132 cal)	Yoghurt (76cal)
			Yoghurt (76cal)	
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit (70 cal)	Wheat Biscuit (169 cal)	Apple Pie (278 cal)	Chocolate Puding (270 cal)	Tiramisu (210 cal)
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal)	Milk (46cal)	Egg (46 cal)	Milk (46cal)	Milk (46cal)
Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)
Brown Bread (221cal)	Lavash Bread (157cal)	Sliced carrot and cucumber (157 cal)	Lavash Bread (157cal)	Brown Bread (221cal)
Honey (307cal) Dip	Yogurt Dip (128cal)	Brown Bread (221cal)	Yogurt Dip (128cal)	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 peas)

LUNCH MENU

Monday 19 February	Tuesday 20 February	Wednesday 21 February	Thursday 22 February	Friday 23 February
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal)	Tomato Soup (80cal)	Mushroom Soup (63 cal)	Broccoli Soup (58 cal)	Turkish Style Lentil Soup-Ezogelin (90 cal)
Spaghetti Bolognese (151cal)	Grilled Chicken (139cal)	Mixed Pizza (260 cal)	Meat burger (135 cal)	Chickpeas with meat (285 cal)
Grated Cheese (425cal)	Lavash Bread (157cal)		Fried potatoes (210 cal)	Rice (190cal)
	Rice (190cal)			
	Yoghurt Drink-Ayran (156 cal)			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Spaghetti with vegetables (98 cal)	Quiche with vegetables (295cal)	Vegetarian Pizza (174cal)	Vegetable Patty (145 cal)	Chickpeas (196 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)
Cold white beans salad (150cal)	Fried eggplant with tomato (139cal)	Noodle Salad (193 cal)	Celery Salad (42 cal)	Stuffed (96 cal)
Purple Salad with Yoghurt (95cal)	Mexican Salad (96 cal)	Leek Salad (114 cal)	Pepper salad with yoghurt (102 cal)	Bulgur Salad - Kısır (335 Kcal)
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)	Milk puding with rice (266 cal)	Cheesecake (321 cal)
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal)	Milk (46cal)	Egg (46 cal)	Milk (46cal)	Milk (46cal)
Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)
Brown Bread (221cal)	Lavash Bread (157cal)	Sliced carrot and cucumber (157 cal)	Lavash Bread (157cal)	Brown Bread (221cal)
Honey (307cal) Dip	Yogurt Dip (128cal)	Brown Bread (221cal)	Yogurt Dip (128cal)	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 pea)

LUNCH MENU

Monday 26 February	Tuesday 27 February	Wednesday 28 February	Thursday 1 March	Friday 2 March
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal)	Tomoto Soup (80cal)	Broccoli Soup (58 cal)	Mushroom Soup (63 cal)	Turkish Style Lentil Soup- Ezogelin (90 cal)
Turkish Style Ravioli (218cal)	Fish Fingers (210cal)	Meat Lasagne (365cal)	Grilled Meatball (365 cal)	Fried chicken (111 cal)
Fresh Tomato Sauce (68cal)	Potato Grattin(365 cal)		Baked potato (295 cal)	Rice (190cal)
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Turkish Style Ravioli with vegetables (160 cal)	Zucchini Grattin (228 cal)	Lasagne with vegetables (174cal)	Lentil Balls (105 cal)	Oven Baked Vegetables Kebbab (180 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)
Runner Beans Salad (65 cal)	Mushroom Saute (86 cal)	Baked zucchini (119 cal)	Fried eggplant (175 cal)	Bulgur Salad - Kısır (335 Kcal)
Cauliflower Salad (95 cal)	Noodle Salad (193 cal)	Potato Salad (132 cal)	Bean Salad (59 cal)	Cranberry Beans Salad (263cal)
Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit (70 cal)	Wheat Biscuit (169 cal)	Trilece - Milky Cake (301 cal)	Magnolia (350 cal)	Tiramisu (210 cal)
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal)	Milk (46cal)	Egg (46 cal)	Milk (46cal)	Milk (46cal)
Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)
Brown Bread (221cal)	Lavash Bread (157cal)	Sliced carrot and cucumber (157 cal)	Lavash Bread (157cal)	Brown Bread (221cal)
Honey (307cal) Dip	Yogurt Dip (128cal)	Brown Bread (221cal)	Yogurt Dip (128cal)	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 peas)