

## LUNCH MENU

| Monday 9 April                     | Tuesday 10 April                | Wednesday 11 April        | Thursday 12 April                    | Friday 13 April                                  |
|------------------------------------|---------------------------------|---------------------------|--------------------------------------|--|
| <b>MAIN DISH</b>                   | <b>MAIN DISH</b>                | <b>MAIN DISH</b>          | <b>MAIN DISH</b>                     | <b>MAIN DISH</b>                                 |
| 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 (274 cal)       | Mixed Pizza (260cal)      | Turkey Schnitzel (512 cal)           | Haricot Bean with meat (165 cal)                 |
| Grated Cheese (425cal)             | Rice (190 cal)                  |                           | Wheat Rice (119cal)                  | Rice (190cal)                                    |
|                                    | Yoghurt Drink - Ayran (57 cal)  |                           |                                      |  |
| <b>VEGETARIAN</b>                  | <b>VEGETARIAN</b>               | <b>VEGETARIAN</b>         | <b>VEGETARIAN</b>                    | <b>VEGETARIAN</b>                                |
| Spaghetti with Vegetables (98 cal) | Kebab with vegetables (180 cal) | Vegetarian Pizza (174cal) | Grilled vegetables (96 cal)          | Haricot Bean (98 cal)                            |
|                                    |                                 |                           |                                      |  |
| <b>2nd CHOICE</b>                  | <b>2nd CHOICE</b>               | <b>2nd CHOICE</b>         | <b>2nd CHOICE</b>                    | <b>2nd CHOICE</b>                                |
| Baked Potato (195cal)              | Baked Potato (195 cal)          | Baked Potato (195cal)     | Baked Potato (195cal)                | Baked Potato (195cal)                            |
| <b>SALAD BAR</b>                   | <b>SALAD BAR</b>                | <b>SALAD BAR</b>          | <b>SALAD BAR</b>                     | <b>SALAD BAR</b>                                 |
| 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)        | American Salad (96 cal)         | Mushroom Saute (86 cal)   | Couscous (57 cal)                    | Peackle (12 cal)                                 |
| Yoghurt (76cal)                    |                                 |                           | Pepper salad with yoghurt (102 cal)  | Yoghurt with mint - Haydari (125 cal)            |
|                                    | Yoghurt (76cal)                 | Yoghurt (76cal)           | Yoghurt (76cal)                      | Yoghurt (76cal)                                  |
| <b>DESSERT</b>                     | <b>DESSERT</b>                  | <b>DESSERT</b>            | <b>DESSERT</b>                       | <b>DESSERT</b>                                   |
| Fruit Yoghurt (115 cal)            | Wheat Cake (232 cal)            | Apple Pie (278 cal)       | Chocolate Puding- Supangle (159 cal) | Cheesecake (321 cal)                             |
| <b>PRESCHOOL</b>                   | <b>PRESCHOOL</b>                | <b>PRESCHOOL</b>          | <b>PRESCHOOL</b>                     | <b>PRESCHOOL</b>                                 |
| 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 (128 cal)                | 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 16 April                  | Tuesday 17 April             | Wednesday 18 April  | Thursday 19 April                              | Friday 20 April                                     |
|----------------------------------|------------------------------|---|--|---|
| <b>MAIN DISH</b>                 | <b>MAIN DISH</b>             | <b>MAIN DISH</b>  | <b>MAIN DISH</b>                               | <b>MAIN DISH</b>                                    |
| Lentil Soup (55cal)              | Tomato Soup (80cal)          | Broccoli Soup (58 cal)                                    | Mushroom Soup (63cal)                          | Turkish Style Lentil Soup-<br>Ezogelin Soup (90cal) |
| Turkish Style Ravioli (218cal)   | Oven Baked Chicken (291 cal) | Baked meat with vegetables (143 cal)                      | Home Made Meat Burger (135 cal)                | Oven Baked Turkey (165 Kcal)                        |
| Fresh Tomato Sauce (68cal)       | Rice (190 cal)               | Bulgur Wheat Pilaf (114 cal)                              | French Fries (210 cal)                         | Rice (190 cal)                                      |
|                                  |                              |   |  |   |
| <b>VEGETARIAN</b>                | <b>VEGETARIAN</b>            | <b>VEGETARIAN</b>   | <b>VEGETARIAN</b>                              | <b>VEGETARIAN</b>                                   |
| Ravioli With Vegetables (180cal) | Fried Mushroom (120cal)      | Oven Baked Kebab With<br>Vegetables (180 cal)             | Vegetable Patty (180 cal)                      | Lentil Balls (105 cal)                              |
|                                  |                              |   |  |   |
| <b>2nd CHOICE</b>                | <b>2nd CHOICE</b>            | <b>2nd CHOICE</b>   | <b>2nd CHOICE</b>                              | <b>2nd CHOICE</b>                                   |
| Baked Potato (195cal)            | Baked Potato (195cal)        | Baked Potato (195cal)                                     | Baked Potato (195cal)                          | Baked Potato (195cal)                               |
| <b>SALAD BAR</b>                 | <b>SALAD BAR</b>             | <b>SALAD BAR</b>  | <b>SALAD BAR</b>                               | <b>SALAD BAR</b>                                    |
| 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)                                     |
| Okra (43 cal)                    | Portulaca Salad (27 cal)     | Fried Eggplant and Pepper (175 kcal)                      | Celery (40 cal )                               | Stuffed (96 cal)                                    |
| Cauliflower Salad (95 cal)       | Green Lentil Salad (96 cal)  | Zucchini Salad with other<br>vegetables- Tarator(107 cal) | Fried Pepper with Yoghurt-<br>Tarator(107 cal) | Bulgur Salad - Kısır (335 Kcal)                     |
| Yoghurt (76cal)                  | Yoghurt (76cal)              | Potato Salad (132 cal)                                    | Yoghurt (76cal)                                | Yoghurt (76cal)                                     |
|                                  |                              | Yoghurt (76cal)   |  |   |
| <b>DESSERT</b>                   | <b>DESSERT</b>               | <b>DESSERT</b>  | <b>DESSERT</b>                                 | <b>DESSERT</b>                                      |
| Fruit (70 cal)                   | Wheat Biscuit (169 cal)      | Chocolate Puding (270 cal)                                | Rice Puding (266 cal)                          | Tiramisu (210 cal)                                  |
| <b>PRESCHOOL</b>                 | <b>PRESCHOOL</b>             | <b>PRESCHOOL</b>  | <b>PRESCHOOL</b>                               | <b>PRESCHOOL</b>                                    |
| Milk (46cal)                     | Milk (46cal)                 | Milk (46cal)  | Milk (46cal)                                   | Milk (46cal)  |
| Fruit (70cal)                    | Fruit (70cal)                | Fruit (70cal)   | Fruit (70cal)                                  | Fruit (70cal)                                       |
| Brown Bread (221cal)             | Lavash Bread (157cal)        | Lavash Bread (157cal)                                     | Lavash Bread (157cal)                          | Brown Bread (221cal)                                |
| Honey (307cal) Dip               | Yogurt Dip (128cal)          | Yogurt Dip (128cal)                                       | 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 23 April | Tuesday 24 April                    | Wednesday 25 April                   | Thursday 26 April                          | Friday 27 April                             |
|-----------------|-------------------------------------|--------------------------------------|--|---|
| HOLIDAY         | <b>MAIN DISH</b>                    | <b>MAIN DISH</b>                     | <b>MAIN DISH</b>                           | <b>MAIN DISH</b>                            |
|                 | Tomato Soup (80cal)                 | Mushroom Soup (63 cal)               | Broccoli Soup (58 cal)                     | Turkish Style Lentil Soup-Ezogelin (90 cal) |
|                 | Grilled Chicken (139cal)            | Mixed Pizza (260 cal)                | Roasted Beef- Meat Ball (325 cal)          | Eggplant with meat (280 cal)                |
|                 | Lavash Bread (157cal)               |                                      | Mashed potatoes (107 cal)                  | Rice (190cal)                               |
|                 | Rice (190cal)                       |                                      |  |   |
|                 | Yoghurt Drink-Ayran (156 cal)       |                                      |  |   |
|                 | <b>VEGETARIAN</b>                   | <b>VEGETARIAN</b>                    | <b>VEGETARIAN</b>                          | <b>VEGETARIAN</b>                           |
|                 | Quiche with vegetables (295cal)     | Vegetarian Pizza (174cal)            | Oven Baked Kebab With Vegetables (180 cal) | Eggplant with Vegetables (130 cal)          |
|                 |                                     |                                      |  |   |
|                 | <b>2nd CHOICE</b>                   | <b>2nd CHOICE</b>                    | <b>2nd CHOICE</b>                          | <b>2nd CHOICE</b>                           |
|                 | Baked Potato (195cal)               | Baked Potato (195cal)                | Baked Potato (195cal)                      | Baked Potato (195cal)                       |
|                 | <b>SALAD BAR</b>                    | <b>SALAD BAR</b>                     | <b>SALAD BAR</b>                           | <b>SALAD BAR</b>                            |
|                 | 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)                             |
|                 | Fried eggplant with tomato (139cal) | Noodle Salad (193 cal)               | Noodle Salad (193 cal)                     | Stuffed (96 cal)                            |
|                 | Mexican Salad (96 cal)              | Leek Salad (114 cal)                 | Artichoke Salad (193 cal)                  | Bulgur Salad - Kısır (335 Kcal)             |
|                 | Yoghurt (76cal)                     | Yoghurt (76cal)                      | Yoghurt (76cal)                            | Yoghurt (76cal)                             |
|                 | <b>DESSERT</b>                      | <b>DESSERT</b>                       | <b>DESSERT</b>                             | <b>DESSERT</b>                              |
|                 | Wheat Cake (232 cal)                | Apple Pie (278 cal)                  | Chocolate puding (266 cal)                 | Cheesecake (321 cal)                        |
|                 | <b>PRESCHOOL</b>                    | <b>PRESCHOOL</b>                     | <b>PRESCHOOL</b>                           | <b>PRESCHOOL</b>                            |
|                 | Milk (46cal)                        | Egg (46 cal)                         | Egg (46 cal)                               | Milk (46cal)                                |
|                 | Fruit (70cal)                       | Fruit (70cal)                        | Fruit (70cal)                              | Fruit (70cal)                               |
|                 | Lavash Bread (157cal)               | Sliced carrot and cucumber (157 cal) | Sliced carrot and cucumber (157 cal)       | Brown Bread (221cal)                        |
|                 | Yogurt Dip (128cal)                 | Brown Bread (221cal)                 | Brown Bread (221cal)                       | Honey (307cal) Dip                          |
|                 |                                     |                                      |  | Cream Cheese (210cal)                       |

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

