



LUNCH MENU

Monday 4 June	Tuesday 5 June	Wednesday 6 June	Thursday 7 June	Friday 8 June
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal)	Turkish Style Lentil Soup- Ezogelin Soup (90cal)	Broccoli Soup (58 cal)	Mushroom Soup (63 cal)	Turkish Style Lentil Soup- Ezogelin Soup (90cal)
Turkish Style Ravioli (218cal)	Chickpea with Meat (165 cal)	Lasagne (260 cal)	Roasting Chicken (191 cal)	Grilled Meat Ball (365 cal)
Fresh Tomato Sauce (68cal)	Rice (190 cal)	Baked Potato (295 cal)		Rice (190cal)
				Haricot Bean Salad (59 cal)
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Ravioli With Vegetables (180cal)	Chickpea (105 cal)	Lentil Ball (105 cal)	Vegatable Lasagne (174 cal)	Baked Vegetables Kebab (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 Salad (14cal)	Mixed Green Salad (14cal)	Mixed Salad (14cal)	Mediterranean Salad (13cal)	Mixed Salad (14cal)
Mixed Tomato Salad (28 cal)	Mixed Tomato Salad (28 cal)	Mixed Tomato Salad (28 cal)	Mixed Tomato Salad (28 cal)	Mixed Tomato Salad (28 cal)
Bean Salad (43 kcal)	Stuffed (96 cal)	Noodle Salad (193 cal)	Baked zucchini (119 cal)	Bulgur Salad (335 cal)
Cauliflower Salad (95 cal)	Peackle (32 cal)	Mushroom Saute (86 cal)	Potato Salad (132 cal)	Cranberry Beans (263 cal)
Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)
	Yoghurt with mint - Haydari (125 cal)			
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit (70 cal)	Cheese Cake (321 cal)	Cake with Milk - Trilece (301 cal)	Magnolia- Puding with Biscuits (350 cal)	Tiramisu (210 cal)
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal)	Milk (46cal)	Egg (80cal)	Milk (46cal)	Milk (46cal)
Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)
Brown Bread (221cal)	Brown Bread (221cal)	Sliced carrot and cucumber (157 cal)	Brown Bread (221cal)	Brown Bread (221cal)
Honey (307cal) Dip	Honey (307cal) Dip	Brown Bread (128 cal)	Yogurt Dip (128cal)	Honey (307cal) Dip
Cream Cheese (210cal)	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 11 June	Tuesday 12 June	Wednesday 13 June	Thursday 14 June	Friday 15 June
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	HOLIDAY
Lentil Soup (55cal)	Tomato Soup (80cal)	Broccoli Soup (58 cal)	Mushroom Soup (63cal)	
Sphagetti Bolognese (131 cal)	Oven Baked Chicken (291 cal)	Mixed Pizza (260 cal)	Turkey Schnitzel (512 Kcal)	
Sliced Cheese (425 cal)	Rice (190 cal)		Pilaf with Burghul (114 cal)	
	Ayran-Yoghurt Drink (57 cal)			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	
Sphagetti With Vegetables (101 cal)	Oven Baked Kebab With Vegetables (180 cal)	Pizza with Vegetables (174 cal)	Oven Baked Kebab With Vegetables (180 cal)	
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	
Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)	
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	
Mixed Green Salad (14cal)	Mediterranean Salad (13cal)	Mixed Green Salad (14cal)	Mediterranean Salad (13cal)	
Mixed Tomato Salad (28 cal)	Mixed Tomato Salad (28 cal)	Mixed Tomato Salad (28 cal)	Mixed Tomato Salad (28 cal)	
Red Cabbage Salad (45 cal)	Eggplant Salad (126 cal)	Mashroom Salad (86 cal)	Cous cous (57 cal)	
Green Bean Salad (43 cal)	American Salad with mayonnaise (255 cal)	Yoghurt (76cal)	Fried Pepper with Yoghurt-Tarator(107 cal)	
Yoghurt (76cal)	Yoghurt (76cal)		Yoghurt (76cal)	
DESSERT	DESSERT	DESSERT	DESSERT	
Fruit with Vegetables (115 cal)	Wheat Cake (169 cal)	Apple Pie (278 cal)	Chocolate puding (266 cal)	
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	
Milk (46cal)	Milk (46cal)	Egg (80cal)	Milk (46cal)	
Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	
Brown Bread (221cal)	Lavash Bread (157cal)	Lavash Bread (157cal)	Lavash Bread (157cal)	
Honey (307cal) Dip	Yogurt Dip (128cal)	Yogurt Dip (128cal)	Sliced Carrots and Cucumbers (65cal)	
		Honey (307cal) Dip	Egg (80 cal)	

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 18 June	Tuesday 19 June	Wednesday 20 June	Thursday 21 June	Friday 22 June
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 (90 cal)
Turkish Style Ravioli (218cal)	Grilled Chicken (139cal)	Lamb stew with mixed vegetables (143 cal)	Home Made Burger (235 cal)	Baked Turkey (165 cal)
Fresh Tomato Sauce (68cal)	Lavash Bread (157cal)		French Fries (210 cal)	Rice (190cal)
	Rice (190cal)		Ayran-Yoghurt Drink (57 cal)	
	Yoghurt Drink-Ayran (156 cal)			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Ravioli With Vegetables (180cal)	Roasting Mushroom (96 cal)	Kebab with Vegetables (96 cal)	Oven Baked Kebab With Vegetables (180 cal)	Lentil Ball (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 Salad (14cal)	Mediterranean Salad (13cal)	Mixed Green Salad (14cal)	Mediterranean Salad (13cal)	Mixed Green Salad (14cal)
Mixed Tomato Salad (28 cal)	Mixed Salad (14cal)	Mixed Salad (14cal)	Mixed Salad (14cal)	Mixed Salad (14cal)
Okra Salad (43 kcal)	Purslane Salad (27 cal)	Fried eggplant and pepper (175 cal)	Pepper Salad with Yoghurt (102 cal)	Stuffed (96 cal)
Cauliflower Salad (95 cal)	Potato Salad (132 cal)	Zucchini with Yoghurt Salad (102 cal)	Celery Salad (42 cal)	Bulgur Salad - Kısır (335 Kcal)
Yoghurt (76cal)	Yoghurt (76cal)	Green Lentil Salad (96 cal)	Yoghurt (76cal)	Yoghurt (76cal)
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit (70 cal)	Wheat Biscuit (232 cal)	Profiterole (270 cal)	Milk pudding with rice (266 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)	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)		Egg (46 cal)		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

Monday 25 June	Tuesday 26 June	Wednesday 27 June
MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal)	Tomato Soup (80cal)	Mushroom Soup (63 cal)
Sphagetti Bolognese (131 cal)	Grilled Chicken (139cal)	Mixed Pizza (260 cal)
Sliced Cheese (425 cal)	Lavash Bread (157cal)	
	Rice (190cal)	
	Yoghurt Drink-Ayran (156 cal)	
VEGETARIAN	VEGETARIAN	VEGETARIAN
Sphagetti with Vegetables (101 cal)	Vegetables (96 cal)	Pizza with Vegetables (174 cal)
2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)
SALAD BAR	SALAD BAR	SALAD BAR
Mixed Salad (14cal)	Mediterranean Salad (13cal)	Mixed Green Salad (14cal)
Mixed Tomato Salad (28 cal)	Mixed Salad (14cal)	Mixed Salad (14cal)
Red Cabbage Salad (45 cal)	Eggplant Salad (86 cal)	Chickpea Salad (95 cal)
Spinach Salad (73 cal)	Mexican Salad (122 cal)	Leek Salad (114 cal)
Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)
DESSERT	DESSERT	DESSERT
Fruit yoghurt (115 cal)	Wheat Cake (232 cal)	Apple Pie (278 cal)
PRESCHOOL	PRESCHOOL	PRESCHOOL

Milk (46cal)	Milk (46cal)	Egg (80cal)
Fruit (70cal)	Fruit (70cal)	Fruit (70cal)
Brown Bread (221cal)	Lavash Bread (157cal)	Lavash Bread (157cal)
Honey (307cal) Dip	Yogurt Dip (128cal)	Sliced Carrots and Cucumbers (65 cal)
Cream Cheese (210cal)		Egg (46 cal)

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 s

MENU

Thursday 28 June	Friday 29 June
MAIN DISH	MAIN DISH
Broccoli Soup (58 cal)	Turkish Style Lentil Soup- Ezogelin (90 cal)
Roasted Meatball (325 cal)	Eggplants with Minced Meat (391 cal)
Mashed Potato (107 cal)	Rice (190cal)
VEGETARIAN	VEGETARIAN
Oven Baked Kebab With Vagatables (180 cal)	Eggplant with vegatables (130 cal)
2nd CHOICE	2nd CHOICE
Baked Potato (195cal)	Baked Potato (195cal)
SALAD BAR	SALAD BAR
Mediterranean Salad (13cal)	Mixed Green Salad (14cal)
Mixed Salad (14cal)	Mixed Salad (14cal)
Noodle Slad (193 cal)	Stuffed (96 cal)
Arthichoke Salad (73 cal)	Bulgur Salad - Kısır (335 Kcal)
Yoghurt (76cal)	Yoghurt (76cal)
DESSERT	DESSERT
Chocolate puding (266 cal)	Cheese Cake (321 cal)
PRESCHOOL	PRESCHOOL

Milk (46cal)	Milk (46cal)
Fruit (70cal)	Fruit (70cal)
Lavash Bread (157cal)	Brown Bread (221cal)
Yogurt Dip (128cal)	Honey (307cal) Dip
	Cream Cheese (210cal)
erved (alternatively corn, carrot, broccoli and pease)	