



LUNCH MENU

Monday 30 April	Tuesday 1 May	Wednesday 2 May	Thursday 3 May	Friday 4 May	
	Labor and Solidarity Day				
MAIN DISH		MAIN DISH	MAIN DISH	MAIN DISH	
Lentil Soup (55cal)			Broccoli Soup (58 cal)	Mushroom Soup (63 cal)	Turkish Style Lentil Soup- Ezogelin Soup (90cal)
Turkish Style Ravioli (218cal)			Grilled Meat Ball (365 cal)	Lasagne (260 cal)	Roasting Chicken (191 cal)
Fresh Tomato Sauce (68cal)			Haricot Bean Salad (59 cal)		Rice (190cal)
			Baked Potato (295 cal)		
VEGETARIAN			VEGETARIAN	VEGETARIAN	VEGETARIAN
Ravioli With Vegetables (180cal)			Lentil Ball (105 cal)	Vegatable Lasagne (174 cal)	Baked Vegetables Kebab (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 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)
Bean Salad (43 kcal)			Noodle Salad (193 cal)	Baked zucchini (119 cal)	Bulgur Salad (335 cal)
Cauliflower Salad (95 cal)			Mushroom Saute (86 cal)	Potato Salad (132 cal)	Cranberry Beans (263 cal)
Yoghurt (76cal)			Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)
DESSERT			DESSERT	DESSERT	DESSERT
Fruit (70 cal)			Cake with Milk - Trilece (301 cal)	Magnolia- Puding with Biscuits (350 cal)	Tiramisu (210 cal)
PRESCHOOL			PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal)			Egg (46 cal)	Milk (46cal)	Milk (46cal)
Fruit (70cal)			Fruit (70cal)	Fruit (70cal)	Fruit (70cal)
Brown Bread (221cal)			Sliced carrot and cucumber (157 cal)	Brown Bread (221cal)	Brown Bread (221cal)
Honey (307cal) Dip		Brown Bread (128 cal)	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 7 May	Tuesday 8 May	Wednesday 9 May	Thursday 10 May	Friday 11 May
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal)	Tomato Soup (80cal)	Broccoli Soup (58 cal)	Mushroom Soup (63cal)	Turkish Style Lentil Soup-Ezogelin Soup (90cal)
Sphagetti Bolognese (131 cal)	Oven Baked Chicken (291 cal)	Mixed Pizza (260 cal)	Turkey Schnitzel (512 Kcal)	Chickpea with Meat (165 cal)
Sliced Cheese (425 cal)	Rice (190 cal)		Pilaf with Burghul (114 cal)	Rice (190 cal)
	Ayran-Yoghurt Drink (57 cal)			
VEGETARIAN	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)	Chickpea (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)
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)
Red Cabbage Salad (45 cal)	Eggplant Salad (126 cal)	Mashroom Salad (86 cal)	Cous cous (57 cal)	Stuffed (96 cal)
Green Bean Salad (43 cal)	American Salad with mayonnaise (255 cal)	Yoghurt (76cal)	Fried Pepper with Yoghurt-Tarator(107 cal)	Peackle (32 cal)
Yoghurt (76cal)	Yoghurt (76cal)		Yoghurt (76cal)	Yoghurt (76cal)
				Yoghurt with mint - Haydari (125 cal)
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit with Vegetables (115 cal)	Wheat Cake (169 cal)	Apple Pie (278 cal)	Chocolate puding (266 cal)	Cheese Cake (321 cal)
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
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)	Sliced Carrots and Cucumbers (65cal)	Honey (307cal) Dip
		Honey (307cal) Dip	Egg (80 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 pease)



LUNCH MENU

Monday 14 May	Tuesday 15 May	Wednesday 16 May	Thursday 17 May	Friday 18 May
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)			
	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)	Green Lentil Salad (96 cal)	Zucchini with Yoghurt Salad (102 cal)	Celery Salad (42 cal)	Bulgur Salad - Kısır (335 Kcal)
Yoghurt (76cal)	Yoghurt (76cal)	Potato Salad (132 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)	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)		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 peas)

Monday 21 May	Tuesday 22 May	Wednesday 23 May	Thursday 24 May	Friday 25 May
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)
Sphagetti Bolognese (131 cal)	Grilled Chicken (139cal)	Mixed Pizza (260 cal)	Roasted Meatball (325 cal)	Eggplants with minced meat (391 cal)
Sliced Cheese (425 cal)	Lavash Bread (157cal)		Mashed Potato (107 cal)	Rice (190cal)
	Rice (190cal)			
	Yoghurt Drink-Ayran (156 cal)			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Sphagetti with Vegetables (101 cal)	Vegatables (96 cal)	Pizza with Vegetables (174 cal)	Oven Baked Kebab With Vagatables (180 cal)	Eggplant with vegetables (130 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)
Red Cabbage Salad (45 cal)	Eggplant Salad (86 cal)	Chickpea Salad (95 cal)	Noodle Slad (193 cal)	Stuffed (96 cal)
Spinach Salad (73 cal)	Mexican Salad (122 cal)	Leek Salad (114 cal)	Arthichoke Salad (73 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)	Chocolate puding (266 cal)	Cheese Cake (321 cal)
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
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)	Sliced Carrots and Cucumbers (65 cal)	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 pease)

LUNCH MENU

Monday 28 May	Tuesday 29 May	Wednesday 30 May	Thursday 31 May	Friday 1 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)	Stuffed with Meat (262 cal;)	Roasting Chicken (191 cal)	Lasagne (260 cal)	Grilled Meat Ball (365 cal)
Fresh Tomato Sauce (68cal)	Sphagetti (131 cal)	Rice (190cal)		Baked Potato (295 cal)
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Ravioli With Vegetables (180cal)	Oven Baked Kebab With Vegetables (180 cal)	Lentil Ball (105 cal)	Vegatable Lasagne (174 cal)	Oven Baked Kebab With Vegetables (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)	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)
Bean Salad (43 kcal)	Noodle Slad (193 cal)	Bean Salad (43 kcal)	Baked zucchini (119 cal)	Bulgur Salad (335 cal)
Cauliflower Salad (95 cal)	Mexican Salad (122 cal)	Fried Eggplant (175 cal)	Potato Salad (132 cal)	Haricot Bean Salad (59 cal)
Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit yoghurt (115 cal)	Wheat Cake (232 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)	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	Honey (307cal) Dip	Sliced Carrots and Cucumbers (65 cal)	Yogurt Dip (128cal)	Honey (307cal) Dip
Cream Cheese (210cal)	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)				