



LUNCH MENU

31.Ağu.20	01.Eyl.20	02.Eyl.20	03.Eyl.20	04.Eyl.20
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup V, L (55Kcal)	Tomato Soup (80 Kcal) V, L	Broccoli Soup (58 Kcal) V, L	Yoghurt & Mint Soup (88 Kcal)	Turkish Style Lentil Soup- Ezogelin Soup (90cal) V, L
Spaghetti Bolognaise (131 Kcal) L	Hamburger (135 Kcal) GF, L	Baked Aubergine filled with Minced Meat (190 Kcal) GF, L	Roasted Chicken (200 Kcal)	Meat and Bean Stew (327 Kcal) GF, L
Pasta (352 Kcal) Vv, V, L	Chips (210 Kcal) GF, L	Sliced Baked Potatoes with Cheese Topping V, GF (295 Kcal)	Orzo (138 Kcal) V	Rice (175 Kcal) Vv,L
Grated Cheese (425 kcal) V, GF		Rice (175 Kcal)		(Alternative Option for the EYFS Children) Izgara Kofte (137 Kcal)
		(Alternative Option for the EYFS Children) Pizza (174 Kcal) V		Baked Potatoe Wedges
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Vegetable Bolognaise (101 kcal) Vv,GF	Vegetable Fritters (145 Kcal) V	Pizza (174 Kcal) V	Roasted Vegetables (154 Kcal) Vv, GF, L	Bean Stew (146 Kcal) Vv, V, GF, L
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195Kcal) Vv,G,L	Baked Potato (195Kcal) Vv,G,L	Baked Potato (195Kcal) Vv,G,L	Baked Potato (195Kcal) Vv,G,L	Baked Potato (195Kcal) Vv,G,L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Lettuce (14 Kcal) Vv, GF	Lettuce (14 Kcal) Vv, GF	Lettuce (14 Kcal) Vv, GF	Lettuce (14 Kcal) Vv, GF	Lettuce (14 Kcal) Vv, GF
Grated Carrot (10 Kcal) Vv, GF, L	Grated Carrot (10 Kcal) Vv, GF, L	Grated Carrot (10 Kcal) Vv, GF, L	Grated Carrot (10 Kcal) Vv, GF, L	Grated Carrot (10 Kcal) Vv, GF, L
Green Bean Salad (43 Kcal) Vv, GF, L	Tomato Salsa (100 Kcal)	American Salad (110 Kcal) V	Tomato based Bulgur (335 Kcal)	Carrot & Leek Salad (205 Kcal) Vv, GF, L
Yoghurt (76cal) V,GF	Tomato & Peper Salsa (100 kcal) Vv, GF, L			Potato Salad (132 Kcal) V, GF
	Yoghurt (76cal) V,GF			Yoghurt (76cal) V,GF
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit (70 cal) V,Vv,G,L	Fruit Cake (229 Kcal) V	Fruit (70 cal) V,Vv,GF,L	Profiterol (300 Kcal) V	Chocolate Pudding (159 Kcal) V
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal) V,G	Milk (46cal) V,G	Egg (45 Kcal) V, GF	Milk (46cal) V,G	Milk (46cal) V,G
Fruit (70 cal) V,Vv,G,L	Fruit (70 cal) V,Vv,G,L	Fruit (70 cal) V,Vv,GF,L	Fruit (70 cal) Vv,G,L	Fruit (70 cal) Vv,G,L
Brown Bread (221cal) Vv,L	Thin Bread -Lavash (221cal) Vv,L	Sliced Carrot & Cucumbers (65cal) Vv,GF,L	Brown Bread (221cal) Vv,L	Brown Bread (221cal) Vv,L
Honey (307cal) V,GF,L	Yogurt Dip (128cal) V,G	Egg (80cal) V,GF,L	Honey (307cal) V,G,L	Honey (307cal) V,G,L
Cream Cheese (210cal) V,GF			Cream Cheese (210cal) V,G	Cream Cheese (210cal) V,G
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)				
Meaning of the Letters V,Vv,G,L: V for Vegetarian, Vv for Vegan, G for Gluten Free, L for Lactose Free,				

LUNCH MENU

07.Eyl	08.Eyl	09.Eyl	10.Eyl	11.Eyl
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal) V, L	Yoghurt Soup	Broccoli Soup (63 Kcal) V, L	Tandır Soup (Contains Yoghurt & Meat) 100 Kcal	Turkish Lentil Soup (Ezogelin) 90 Kcal) V, L
Mini Meat Ravioli (218 Kcal) V	Pureed Aubergine with Sauteed Meat (174 Kcal)	Meat & Chickpea Stew (165 Kcal) GF, L	Margarita/Vegetable Topped Pizza (174 Kcal)	Roasted Peppers filled with Minced Meat & Rice (148 Kcal) GF, L
Tomato Sauce (68 Kcal) Vv, GF, L	Mashed Potato (189 Kcal) V	Rice (175 Kcal) Vv, GF, L		Tomato Pasta (178 Kcal) Vv
		Turkish Grilled Meatballs (167 Kcal) (Alternative option for EYFS Students)		
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Mini Potato Ravioli (98 Kcal) V	Pureed Aubergine with Roasted Vegetables (174 Kcal) V, GF	Roasted Vegetable Kebabs (180 Kcal) Vv, GF, L	Margarita/Vegetable Topped Pizza (174 Kcal)	Roasted pepper Filled with Rice & Herbs (148 Kcal) Vv, GF, L
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195cal) Vv,GF,L	Baked Potato (195cal) Vv,GF,L	Baked Potato (195cal) Vv,GF,L	Baked Potato (195cal) Vv,GF,L	Baked Potato (195cal) Vv,GF,L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Lettuce (14 Kcal) Vv, GF	Lettuce Salad Leaves (14cal) Vv, G, L	Lettuce (14 Kcal) Vv, GF	Mediterranean Salad (13cal) Vv, G, L	Lettuce (14 Kcal) Vv, GF
Grated Carrot (10 Kcal) Vv, GF, L	Grated Carrot (10 Kcal) Vv, GF, L	Tomato, Cucumber & Chopped Herbs (88 Kcal) Vv, GF, L	Grated Carrot (10 Kcal) Vv, GF, L	Grated Carrot (10 Kcal) Vv, GF, L
Spinach Salad (73 Kcal) Vv, GF, L	Orzo Salad (193 Kcal) Vv	Grated Carrot (10 Kcal) Vv, GF, L	Aubergine salad (Imam Bayildi) 164 Kcal) Vv, GF, L	Grated Carrot and Yoghurt Meze (88 Kcal) V, GF
	Yoghurt (76cal) V,GF	Artichoke (42 Kcal) Vv, GF, L		Yoghurt (76 kcal) V, GF
		Yoghurt (76cal) V,GF	Hummous (272 Kcal) Vv, GF,L	
			Yoghurt (76cal) V,GF	
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit Yoghurt (115 Kcal) V, GF	Homemade Biscuits (215 Kcal) V	Trifle (76 Kcal)	Chocolate Pudding (122 Kcal) V	Fruit (70 Kcal) Vv, GF, L
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal) V,GF	Milk (46cal) V,GF	Egg (80cal) V,GF,L	Milk (46cal) V,GF	Milk (46cal) V,GF
Fruit Yoghurt (115 Kcal)	Brown Bread (221cal) Vv,L	Fruit (70 Kcal) Vv, GF, L	Fruit (70 cal) Vv,GF,L	Fruit (70 cal) Vv,GF,L
Brown Bread (221cal) Vv,L	Honey (307cal) V,GF,L	Grated Carrot (10 Kcal) Vv, GF, L	Thin Bread -Lavash (221cal) Vv,L	Brown Bread (221cal) Vv,L
Honey (307cal) V,GF,L	Cream Cheese (210cal) V,GF	Brown Bread (221cal) Vv, L	Yogurt Dip (128cal) V,GF	Honey (307cal) V,GF,L
Cream Cheese (210cal) V,GF				Cream Cheese (210cal) V,GF
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)				
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LUNCH MENU

14.Eyl.20	15.Eyl.20	16.Eyl.20	17.Eyl.20	18.Eyl.20
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal) Vv, L	Pea Soup (61 Kcal) Vv, L	Yoghurt Soup (88 Kcal) V, GF	Tomato Soup (80 Kcal) Vv, L	Ezogelin Soup (90Kcal) V, GF, L
Chicken Doner (124 Kcal) GF, L	Lasagne (260 Kcal)	Meat, Potato and Veg Stew (223 Kcal) GF, L	Hamburger (1358 Kcal)	Roasted Turkey (188 Kcal) GF, L
Rice (175 Kcal) Vv, GF, L		Rice (175 Kcal) V, GF, L	Fries (210 Kcal) V, GF, L	Orzo (138 Kcal) V, L
		Chicken Schnitzel (286 Kcal) Alternative Option for EYFS Children)	Ayran (156 Kcal) V, GF	
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Roasted Mushrooms (295 Kcal) Vv, GF, L	Vegetarian Lasagne (260 Kcal) V	Veg and Potato Stew (195 Kcal) Vv, GF, L	Vegetable Fritters (145 Kcal) V	Falafel (310Kcal) V, L
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195cal) Vv,GF,L	Baked Potato (195cal) Vv,GF,L	Baked Potato (195cal) Vv,GF,L	Baked Potato (195cal) Vv,GF,L	Baked Potato (195cal) Vv,GF,L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Lettuce (14 kcal) Vv, GF	Lettuce (14 Kcal) Vv, GF, L	Lettuce (14 Kcal) Vv, GF, L	Lettuce (14 Kcal) Vv, GF, L	Mediterranean Salad (13cal) Vv,G, L
Grated Carrot (10 Kcal) Vv, GF, L	Grated Carrot (10 Kcal) Vv, GF, L	Tomatoe, Cucumbewr & Chopped Herbs (88 Kcal) Vv, GF, L	Grated Carrot (10 Kcal) Vv, GF, L	Grated Carrot (10 Kcal) Vv, GF, L
Green Bean Salad (43 Kcal) Vv, GF, L	Courgette in Yoghurt (102 Kcal) V, GF	Hummous (272 Kcal) Vv, GF, L	Picked Vegetables (7 Kcal) Vv, GF, L	White Bean Mixed Salad (162 Kcal) V, GF, L
Yoghurt (76cal) V,GF		Yoghurt (76cal) V,GF	Yoghurt (76cal) V,GF	Yoghury (76 Kcal) V, GF
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit (70 Kcal) Vv, GF, L	Fruit Cake (229 Kcal) V	Turkish Baked Rice Pudding (111 kcal) V, GF	Fresh Fruit (70 Kcal), Vv, GF, L	Tiramasu (210 Kcal) V
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal) V,GF	Milk (46cal) V,GF	Egg (46 Kcal) V, GF, L	Milk (46cal) V,GF	Milk (46cal) V,GF
Fruit (70 cal) Vv,GF,L	Fruit (70 cal) Vv,GF,L	Fruit (70 Kcal) Vv, GF, L	Fruit (70 cal) Vv,GF,L	Fruit (70 cal) Vv,GF,L
Brown Bread (221cal) Vv,L	Thin Bread -Lavash (221cal) Vv,L	Sliced Carrot & Cucumbers (65cal) V,Vv,GF,L	Thin Bread -Lavash (221cal) Vv,L	Brown Bread (221cal) Vv,L
Honey (307cal) V,GF,L	Honey (307cal) V,GF,L	Brown Bread (128 Kcal) V	Yogurt Dip (128cal) V,GF	Honey (307cal) V,GF,L
Cream Cheese (210 kcal) V, GF	Cream Cheese (210 kcal) V, GF			Cream Cheese (210 kcal) V, GF

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LUNCH MENU

21.Eyl	22.Eyl	23.Eyl	24.Eyl	25.Eyl
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal) V, L	Yoghurt & Mint Soup V	Broccoli Soup (58 Kcal) V	Tomato & Orzo Soup (72 Kcal) V	Ezogelin Soup (90Kcal) V, GF, L
Spaghetti Bolognese (131 Kcal) L	Grilled Chicken (274 Kcal) GF, L	Turkish Meatball (Kadinbudu) (405 Kcal)	Meat and Green Bean Stew (158 Kcal) GF, L	Meat & Lentil Stew (160 Kcal) GF, L
Pasta (425 Kcal) V	Bulgur (149 Kcal) Vv, L	Mashed Potato (189 Kcal) V	Rice (175 kcal) V, GF, L	Potato Croquets (200 Kcal) Vv, GF, L
				Kofet Meatballs (Alternative Option for EYFS Students) 167 Kcal (GF, L)
				Ayran (156 Kcal) V
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Potato Filled Turkish Dumplings (195 Kcal)	Roasted Vegetable Kebabs (96 Kcal) Vv, GF, L	Roasted Courgette with Bechamel Sauce	Green Bean Stew (135 Kcal) Vv, GF, L	Lentil Stew (160 Kcal) Vv, GF, L
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195cal) Vv,GF,L	Baked Potato (195cal) Vv,GF,L	Baked Potato (195cal) Vv,GF,L	Baked Potato (195cal) Vv,GF,L	Baked Potato (195cal) Vv,GF,L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Lettuce (14 kcal) Vv, GF	Mediterranean Salad (13cal) Vv,G, L	Lettuce (14 kcal) Vv, GF	Mediterranean Salad (13cal) Vv,G, L	Lettuce (14 kcal) Vv, GF
Grated Carrot (10 Kcal) Vv, GF, L	Grated Carrot (10 Kcal) Vv, GF, L	Grated Carrot (10 Kcal) Vv, GF, L	Grated Carrot (10 Kcal) Vv, GF, L	Grated Carrot (10 Kcal) Vv, GF, L
Okra Salad (43 Kcal) Vv,GF, L	Orzo Salad (193 Kcal) V, GF, L	Baked Courgette (110 Kcal) Vv, GF, L	Potato Salad (132 Kcal) V	Rice Filled peppers (96 Kcal) V, GF, L
Potato Salad (115 Kcal) V, GF	Yoghurt (76cal) V,GF	Yoghurt (76cal) V,GF	Yoghurt (76cal) V,GF	
Yoghurt (76cal) V,GF				
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit Yoghurt (115 Kcal) V	Homemade Biscuits (215 kcal) V	Fruit Cake (229 Kcal) V	Fresh Fruit (70 Kcal), Vv, GF, L	Apple Pie (278 Kcal) V
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal) V,GF	Milk (46cal) V,GF	Fruit (70 cal) V,Vv,GF,L	Milk (46cal) V,GF	Milk (46cal) V,GF
Fruit (70 cal) Vv,GF,L	Fruit (70 cal) Vv,GF,L	Brown Bread (221cal) Vv,L	Fruit (70 cal) Vv,GF,L	Fruit (70 cal) Vv,GF,L
Brown Bread (221cal) Vv,L	Thin Bread -Lavash (221cal) Vv,L	Grated Carrot (10 Kcal) Vv, GF, L	Thin Bread -Lavash (221cal) Vv,L	Brown Bread (221cal) Vv,L
Honey (307cal) V,GF,L	Honey (307cal) V,GF,L	Egg (80cal) V,GF,L	Yogurt Dip (128cal) V,GF	Honey (307cal) V,GF,L
Cream Cheese (210 kcal) V, GF	Cream Cheese (210 kcal) V, GF			Cream Cheese (210 kcal) V, GF

Calories are calculated per 100gr portions

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LUNCH MENU

28.Eyl	29.Eyl	30.Eyl	01.Eki	02.Eki
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal) V, L	Mushroom Soup (39 Kcal) V	Tomato Soup (80 Kcal) V, L		
Mini Meat Ravioli (218 Kcal) V	Chicken and Vegetable Gratin (154 Kcal) GF, L	Hamburger (135 Kcal)		
Tomato Sauce (68 Kcal) Vv, GF, L	Rice (175 Kcal) Vv, GF, L	Fries (210 Kcal) V, GF, L		
		Ayran (156 Kcal) V		
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Vegetable Bolognese (101 kcal) Vv,GF	Vegetable Gratin (245 Kcal) V	Vegetable Fritter (145 Kcal) V		
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195cal) Vv,GF,L	Baked Potato (195cal) Vv,GF,L	Baked Potato (195cal) Vv,GF,L		
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Lettuce (14 kcal) Vv, GF	Mediterranean Salad (13cal) Vv,G, L	Lettuce (14 kcal) Vv, GF		
Tomato & Cucumbers with Herbs (88 Kcal) Vv, GF, L	Grated Carrot (10 Kcal) Vv, GF, L	Tomato & Cucumbers with Herbs (88 Kcal) Vv, GF, L		
Green Bean Salad (43 Kcal)	Tomato Salsa (100 kcal) Vv, GF, L	Pickled Vegetables (7 Kcal) Vv, GF, L		
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit (70 Kcal) Vv, GF, L	Homemade Biscuits (215 kcal) V	Fruit Cake (229 Kcal) V		
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal) V,GF	Milk (46cal) V,GF	Fruit (70 cal) V,Vv,GF,L		
Fruit (70 cal) Vv,GF,L	Fruit (70 cal) Vv,GF,L	Grated Carrot (10 Kcal) Vv, GF, L		
Brown Bread (221cal) Vv,L	Brown Bread (221cal) Vv,L	Brown Bread (221cal) Vv,L		
Honey (307cal) V,GF,L	Honey (307cal) V,GF,L	Egg (80cal) V,GF,L		
Cream Cheese (210 kcal) V, GF	Cream Cheese (210 kcal) V, GF			

Calories are calculated per 100gr portions

FRUIT Served to all students during morning and afternoon break times.

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