

## LUNCH MENU

1 November Monday	2 November Tuesday	3 November Wednesday	4 November Thursday	5 November Friday
<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>
Lentil Soup (55 kcal)	Soup with Pasta D'orzo (72 kcal)	Chicken Soup (55 kcal)	Tomato Soup (80 kcal)	Pea Soup (61 kcal)
Turkish Ravioli with Minced Meat (218 kcal)	Oven Baked Chicken (172 kcal)	Lentil Stew with Minced Meat and Pasta (140 kcal)	Hamburger (135 kcal)	Turkey Noodle (290 kcal)
Tomato Sauce (68 kcal)	Rice (175 kcal)	Potato Croquet (183 kcal)	Fried Potatoes (210 kcal)	
			Yoghurt Drink (156 kcal)	
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Turkish Ravioli with Potato Filling (98 kcal)	Oven Baked Vegetables (96 kcal)	Lentil Stew with Pasta (160 kcal)	Zucchini Fritters (145 kcal)	Mushroom Noodle (190 kcal)
<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>
Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Lettuce (14 kcal)	Sliced Tomatatos and Cucumber (28 kcal)	Lettuce (14 kcal)	Sliced Tomatatos and Cucumber (28 kcal)	Lettuce (14 kcal)
Chopped Tomato and Cucumber (88 kcal)	Mediteranian Salad (14 kcal)	Chopped Tomato and Cucumber (88 kcal)	Mediteranian Salad (14 kcal)	Chopped Tomato and Cucumber (88 kcal)
Okra with Olive Oil (43 kcal)	Yoghurt with Carrot (149 kcal)	Special Turkish Bulgur Wheat Salad (335 kcal)	Mixed Pickles (7 kcal)	Artichoke with Olive Oil ( 42 kcal)
Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt (76 kcal)
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Fruit (70 kcal)	Supangle (122 kcal)	Apple Pie (278 kcal)	Fruit (70 kcal)	Cheesecake (321 kcal)
<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>
Milk (46 kcal)	Milk (46 kcal)	Egg (46 kcal)	Milk (46 kcal)	Milk (46 kcal)
Fruit (70 kcal)	Fruit (70 kcal)	Fruit (70 kcal)	Fruit (70 kcal)	Fruit (70 kcal)
Brown Bread (221 kcal)	Brown Bread (221 kcal)	Cut out Carrot and Cucumber (157 kcal)	Turkish Bread (157 kcal)	Brown Bread (221 kcal)
Honey (307 kcal)	Honey (307 kcal)	Brown Bread (221 kcal)	Yoghurt Sauce (128 kcal)	Honey (307 kcal)
Labneh Cheese (210 kcal)	Labneh Cheese (210 kcal)			Labneh Cheese (210 kcal)

\*\*\* Calories are calculated per 100gr. Portins\*\*\*

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, carror, 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

8 November Monday	9 November Tuesday	10 November Wednesday	11 November Thursday	12 November Friday
<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>
Lentil Soup (55 kcal)	Tomato Soup (80 kcal)	Mushroom Soup (39 kcal)	Special Turkish 'Ezogelin Soup' (90 kcal)	Broccoli Soup (58 kcal)
Meat Doner (128 kcal)	Chicken and Mushrooms with Curry Sauce (143 kcal)	Lasagne (260 kcal)	Turkey Tandouri (188 kcal)	Meatballs with Potato in Tomato Sauce (98 kcal)
Rice (175 kcal)	Bulgur Wheat (149 kcal)		Turkish Sliced Pasta (244 kcal)	Pasta with Cheese (164 kcal)
Yoghurt Drink (156 kcal)				
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Mantar Quiche (295 kcal)	Mushrooms with Curry Sauce (160 kcal)	Vegatable Lasagne (260 kcal)	Zucchini Au Gratin (99 kcal)	Lentil Kofte (100 kcal)
<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>
Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Lettuce (14 kcal)	Sliced Tomatatos and Cucumber (28 kcal)	Lettuce (14 kcal)	Sliced Tomatatos and Cucumber (28 kcal)	Lettuce (14 kcal)
Chopped Tomato and Cucumber (88 kcal)	Mediteranian Salad (14 kcal)	Chopped Tomato and Cucumber (88 kcal)	Mediteranian Salad (14 kcal)	Chopped Tomato and Cucumber (88 kcal)
Green Beans with Olive Oil (48 kcal)	Aubergine with Tomato Sauce and Olive Oil (167 kcal)	Bean Salad with Olive Oil (99 kcal)	Potato Salad (132 kcal)	Bean Salad (90 kcal)
Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt (76 kcal)
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Fruit (70 kcal)	Cookie (215 kcal)	Trifle (182 kcal)	Fruit (70 kcal)	Muffin with Fruit (229 kcal)
<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>
Milk (46 kcal)	Milk (46 kcal)	Egg (46 kcal)	Milk (46 kcal)	Milk (46 kcal)
Fruit (70 kcal)	Fruit (70 kcal)	Fruit (70 kcal)	Fruit (70 kcal)	Fruit (70 kcal)
Brown Bread (221 kcal)	Brown Bread (221 kcal)	Cut out Carrot and Cucumber (157 kcal)	Turkish Bread (157 kcal)	Brown Bread (221 kcal)
Honey (307 kcal)	Honey (307 kcal)	Brown Bread (221 kcal)	Yoghurt Sauce (128 kcal)	Honey (307 kcal)
Labneh Cheese (210 kcal)	Labneh Cheese (210 kcal)			Labneh Cheese (210 kcal)

\*\*\* Calories are calculated per 100gr. Portins\*\*\*

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, carror, 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

15 November Monday	16 November Tuesday	17 November Wednesday	18 November Thursday	19 November Friday
<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>
Lentil Soup (55 kcal)	Tomato Soup (80 kcal)	Pumpkin Soup (29 kcal)	Special Turkish Meat Soup (90 kcal)	Special Turkish 'Ezongelin Soup' (90 kcal)
Spaghetti Bolonez (131 kcal)	Chicken Finger (265 kcal)	Special Turkish Stew with Meat and Potato, Carrot (143 kcal)	Pizza Margharita (186 kcal)	Chickpea Stew with Meat (165 kcal)
Grated Cheese (425 kcal)	Potato Puree (88 kcal)	Bulgur Wheat (149 kcal)		Rice (175 kcal)
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Spagetti (101 kcal)	Oven Baked Vegetables (96 kcal)	Special Turkish Stew with Mixed Vegetables (104 kcal)	Pizza Margharita (186 kcal)	Chickpea Stew (132 kcal)
<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>
Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Lettuce (14 kcal)	Sliced Tomatatos and Cucumber (28 kcal)	Lettuce (14 kcal)	Sliced Tomatatos and Cucumber (28 kcal)	Lettuce (14 kcal)
Chopped Tomato and Cucumber (88 kcal)	Mediteranian Salad (14 kcal)	Chopped Tomato and Cucumber (88 kcal)	Mediteranian Salad (14 kcal)	Chopped Tomato and Cucumber (88 kcal)
Cauliflower Salad (95 kcal)	Coleslaw (152 kcal)	Aubergine with Tomato Sauce and Olive Oil (125 kcal)	Aubergine Filled with Tomato, Onion and Peppers (164 kcal)	Potato Salad (132 kcal)
Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt with Chopped Cucumbers (41 kcal)
				Mixed Pickles (7 kcal)
				Yoghurt (76 kcal)
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Fruit (70 kcal)	Baked Rice Pudding (124 kcal)	Tiramisu (210 kcal)	Fruit (70 kcal)	Muffin (64 kcal)
<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>
Milk (46 kcal)	Milk (46 kcal)	Egg (46 kcal)	Milk (46 kcal)	Milk (46 kcal)
Fruit (70 kcal)	Fruit (70 kcal)	Fruit (70 kcal)	Fruit (70 kcal)	Fruit (70 kcal)
Brown Bread (221 kcal)	Brown Bread (221 kcal)	Cut out Carrot and Cucumber (157 kcal)	Turkish Bread (157 kcal)	Brown Bread (221 kcal)
Honey (307 kcal)	Honey (307 kcal)	Brown Bread (221 kcal)	Yoghurt Sauce (128 kcal)	Honey (307 kcal)
Labneh Cheese (210 kcal)	Labneh Cheese (210 kcal)			Labneh Cheese (210 kcal)

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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, carror, broccoli and peas)

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# LUNCH MENU

22 November Monday	23 November Tuesday	24 November Wednesday	25 November Thursday	26 November Friday
<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>
Lentil Soup (55 kcal)	Mushroom Soup (39 kcal)	Yoghurt Soup (88 kcal)	Soup with Pasta D'orzo (72 kcal)	Special Turkish 'Ezogelin Soup' (90 kcal)
Meat Pea Stew (79 kcal)	Sauted Turkey (190 kcal)	Roast (91 kcal)	Grilled Chicken (274 kcal)	Meat Zucchini Gratin (95 kcal)
Rice (175 kcal)	Bulgur Wheat (149 kcal)	Potato Puree (88 kcal)	Rice (175 kcal)	Pasta with Tomato (178 kcal)
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Peas Stew (84 kcal)	Sauted Vegetables (110 kcal)	Vegetableballs (116 kcal)	Boiled Vegetables(Broccoli, Carrot, Peas)	Zucchini Gratin (99 kcal)
<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>
Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Lettuce (14 kcal)	Sliced Tomatatos and Cucumber (28 kcal)	Lettuce (14 kcal)	Sliced Tomatatos and Cucumber (28 kcal)	Lettuce (14 kcal)
Chopped Tomato and Cucumber (88 kcal)	Mediteranian Salad (14 kcal)	Chopped Tomato and Cucumber (88 kcal)	Mediteranian Salad (14 kcal)	Chopped Tomato and Cucumber (88 kcal)
Yoghurt with Sliced Cucumber (35 kcal)	Aubergine with Tomato Sauce (61 kcal)	Yoghurt with Zucchini (102 kcal)	Grated Tomato and Peppers with Spices and Olive Oil (100 kcal)	Celery Mixed with Olive Oil (7 kcal)
Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt (76 kcal)
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Fruit (70 kcal)	Cookie (215 kcal)	Banana Pudding (154 kcal)	Fruit (70 kcal)	Chocolate Muffin (380 kcal)
<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>
Milk (46 kcal)	Milk (46 kcal)	Egg (46 kcal)	Milk (46 kcal)	Milk (46 kcal)
Fruit (70 kcal)	Fruit (70 kcal)	Fruit (70 kcal)	Fruit (70 kcal)	Fruit (70 kcal)
Brown Bread (221 kcal)	Brown Bread (221 kcal)	Cut out Carrot and Cucumber (157 kcal)	Turkish Bread (157 kcal)	Brown Bread (221 kcal)
Honey (307 kcal)	Honey (307 kcal)	Brown Bread (221 kcal)	Yoghurt Sauce (128 kcal)	Honey (307 kcal)
Labneh Cheese (210 kcal)	Labneh Cheese (210 kcal)			Labneh Cheese (210 kcal)

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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, carror, broccoli and peas)

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# LUNCH MENU

29 November Monday	30 November Tuesday	1 December Wednesday	2 December Thursday	3 December Friday
<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>
Lentil Soup (55 kcal)	Yoghurt Soup (88 kcal)	Special Turkish Meat Soup (90 kcal)	Pumpkin Soup (29 kcal)	Special Turkish 'Ezogelin Soup' (90 kcal)
Chicken Doner (124 kcal)	Special Turkish Stew with Meat and Mixed Vegetables(75 kcal)	Vegetable Pizza (186 kcal)	Oven Baked Chicken in Tomato Sauce (171 kcal)	Bean Stew with Meat (327 kcal)
Rice (175 kcal)	Bulgur Wheat (149 kcal)		Oven Baked Potatoes (170 kcal)	Rice (175 kcal)
Yoghurt Drink (156 kcal)				
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Mantar Quiche (295 kcal)	Special Turkish Stew with Vegetables (98 Kcal)	Vegetable Pizza (186 kcal)	Oven Baked Vegetables (96 kcal)	Bean Stew (132 kcal)
<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>
Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Lettuce (14 kcal)	Sliced Tomatatos and Cucumber (28 kcal)	Lettuce (14 kcal)	Sliced Tomatatos and Cucumber (28 kcal)	Lettuce (14 kcal)
Chopped Tomato and Cucumber (88 kcal)	Mediteranian Salad (14 kcal)	Chopped Tomato and Cucumber (88 kcal)	Mediteranian Salad (14 kcal)	Chopped Tomato and Cucumber (88 kcal)
Pea Salad with Olive Oil (55 kcal)	Chickpeas Salad (98 kcal)	Mexican Salad (122 kcal)	Salad with Pasta D'orzo (193 kcal)	Mixed Pickles (10 kcal)
Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt with Chopped Cucumbers (41 kcal)
				Yoghurt (76 kcal)
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Fruit (70 kcal)	Kemalpaşa (167 kcal)	Mastic Pudding (124 kcal)	Fruit (70 kcal)	Supangle with Bisquit (300 kcal)
<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>	<b>PRE-SCHOOL &amp; RECEPTION</b>
Milk (46 kcal)	Milk (46 kcal)	Egg (46 kcal)	Milk (46 kcal)	Milk (46 kcal)
Fruit (70 kcal)	Fruit (70 kcal)	Fruit (70 kcal)	Fruit (70 kcal)	Fruit (70 kcal)
Brown Bread (221 kcal)	Brown Bread (221 kcal)	Cut out Carrot and Cucumber (157 kcal)	Turkish Bread (157 kcal)	Brown Bread (221 kcal)
Honey (307 kcal)	Honey (307 kcal)	Brown Bread (221 kcal)	Yoghurt Sauce (128 kcal)	Honey (307 kcal)
Labneh Cheese (210 kcal)	Labneh Cheese (210 kcal)			Labneh Cheese (210 kcal)

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

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