



LUNCH MENU

29 August Monday	30 August Tuesday	31 August Wednesday	1 September Thursday	2 September Friday
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
		Special Turkish 'Ezogelin Soup' (90 kcal) Vv, L	Special Turkish Meat Soup (90 kcal)	Broccoli Soup (58 kcal) V
		Lentil Stew with Pasta (160 kcal) L	Pizza Margharita (186 kcal) V	Meatballs with Potato in Tomato Sauce (98 kcal) L
		Potato Croquet (183 kcal) V		Rice (175 kcal) G, Vv,L
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
		Lentil Stew with Pasta (160 kcal)Vv, L	Pizza Margharita (186 kcal) V	Lentilballs (100 kcal) Vv, L
2. OPTION	2. OPTION	2. OPTION	2. OPTION	2. OPTION
		Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
		Carrot (10 kcal) Vv, G, L	Sliced Tomatatos and Cucumber (28 kcal) Vv, G, L	Lettuce (14 kcal) Vv, G, L
		Mediterranean Salad (14 kcal) Vv, G, L	Aubergine with Tomato Sauce and Olive Oil (167 kcal) Vv, G, L	Carrot (10 kcal) Vv, G, L
		Mexican Salad (122 kcal) Vv, G, L	Yoghurt (76 kcal) G, V	Bean Salad with Olive Oil (90 kcal) Vv, G, L
		Yoghurt (76 kcal) G, V		Yoghurt (76 kcal) G, V
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
		Special Turkish Dessert 'Irmik Helvasi' (266 kcal)	Fruit (70 kcal) Vv, G, L	Muffin with Fruit (229 kcal) V
PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION
		Boiled Egg (46 kcal) V, G, L	Milk (46 kcal) V, G	Milk (46 kcal) V, G
		Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv,G,L
		Sliced Carrot and Cucumber (157 kcal) Vv, G, L	Thin Turkish Bread pieces (157 kcal) Vv, L	Brown Bread (221 kcal) Vv, L
		Brown Bread (221 kcal) Vv, L	Yoghurt (36 kcal) V, G	Honey (307 kcal) V, G, L
				Labneh Cheese (210 kcal) 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

5 September Monday	6 September Tuesday	7 September Wednesday	8 September Thursday	9 September Friday
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 kcal) L, V	Minestrone Soup (53 kcal) Vv, L, G	Mushroom Soup (39 kcal) V	Tomato Soup (80 kcal) Vv, L	Special Turkish 'Ezogelin Soup' (90 kcal) L, Vv
Meat Peas Stew (79 kcal) G, L	Chicken Finger (265 kcal)	Noodle with Mix Vegetable (190 kcal) V, L	Hamburger (135 kcal)	Bean Stew with Meat (327 kcal) G, L
Rice (175 kcal) G, Vv, L	Potato Puree (88 kcal) V, G		Fried Potatoes (210 kcal) L, G, Vv	Rice (175 kcal) G, Vv, L
			Yoghurt Drink (156 kcal) V, G	
VEGETARIAN	VEGETARIAN	VEJETARYEN	VEGETARIAN	VEGETARIAN
Peas Stew (84 kcal) G, L, Vv	Fried Zucchini (226 kcal) Vv, L	Noodle with Mix Vegetable (190 kcal) V, L	Vegetable Fritters (145 kcal) Vv, L	Bean Stew (97 kcal) Vv, L, G
2. OPTION	2. OPTION	2. OPTION	2. OPTION	2. OPTION
Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Lettuce (14 kcal) Vv, G, L	Sliced Tomatatos and Cucumber (28 kcal) Vv, G, L	Lettuce (14 kcal) Vv, G, L	Sliced Tomatatos and Cucumber (28 kcal) Vv, G, L	Lettuce (14 kcal) Vv, G, L
Carrot (10 kcal) Vv, G, L	Special Turkish Bulghur Wheat Salad (162 kcal) Vv, L, G	Carrot (10 kcal) Vv, G, L	Mixed Pickles (19 kcal) Vv, G, L	Carrot (10 kcal) Vv, G, L
Yoghurt with Chopped Cucumbers (41 kcal) G, V	Yoghurt (76 kcal) G, V	Aubergine with Tomato Sauce (61 kcal)	Russian Salad (112 kcal) V, G	Mixed Pickles (7 kcal) Vv, G, L
Yoghurt (76 kcal) G, V		Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit (70 kcal) Vv, G, L	Cookie (215 kcal) V	Fruit (70 kcal) Vv, G, L	Supangle (122 kcal) V, G	Fruit (70 kcal) Vv, G, L
PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION
Milk (46 kcal) V, G	Milk (46 kcal) V, G	Boiled Egg (46 kcal) V, G, L	Milk (46 kcal) V, G	Milk (46 kcal) V, G
Fruit (70 kcal) Vv,G,L	Fruit (70 kcal) Vv,G,L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv,G,L
Brown Bread (221 kcal) Vv, L	Brown Bread (221 kcal) Vv, L	Sliced Carrot and Cucumber (157 kcal) Vv, G, L	Thin Turkish Bread pieces (157 kcal) Vv, L	Brown Bread (221 kcal) Vv, L
Honey (307 kcal) V, G, L	Honey (307 kcal) V, G, L	Brown Bread (221 kcal) Vv, L	Yoghurt (36 kcal) V, G	Honey (307 kcal) V, G, L
Labneh Cheese (210 kcal) V, G	Labneh Cheese (210 kcal) V, G			Labneh Cheese (210 kcal) 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)				
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LUNCH MENU

12 September Monday	13 September Tuesday	14 September Wednesday	15 September Thursday	16 September Friday
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 kcal) L, V	Pea Soup (61 kcal) V	Tomato Soup (80 kcal) Vv, L	Yoghurt Soup (88 kcal) V	Special Turkish 'Ezogelin Soup' (90 kcal) Vv, L
Spaghetti Bolonez (131 kcal) L	Aubergine Filled with Minced Meat (55 kcal) L, G	Lasagne (260 kcal)	Sauted Turkey (190 kcal) L, G	Chickpea Stew with Meat (165 kcal) G, L
Grated Cheese (425 kcal) V, G	Rice (175 kcal) G, Vv, L		Bulgur Wheat (149 kcal) Vv, L	Rice (175 kcal) Vv, G, L
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Spagetti (101 kcal) V, L	Oven Baked Vegetables (96 kcal) V, G, L	Vegatable Lasagne (260 kcal) V	Sauted Vegetables (110 kcal) Vv, L, G	Chickpea Stew (132 kcal) G, Vv, L
2. OPTION	2. OPTION	2. OPTION	2. OPTION	2. OPTION
Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Lettuce (14 kcal) Vv, G, L	Sliced Tomatatos and Cucumber (28 kcal) Vv, G, L	Carrot (10 kcal) Vv, G, L	Sliced Tomatatos and Cucumber (28 kcal) Vv, G, L	Lettuce (14 kcal) Vv, G, L
Carrot (10 kcal) Vv, G, L	Bean Salad with Olive Oil (99 kcal) Vv, G, L	Mediterranean Salad (14 kcal) Vv, G, L	Aubergine with Tomato Filling (164 kcal) Vv, G, L	Carrot (10 kcal) Vv, G, L
Cauliflower Salad (95 kcal) Vv, L, G	Yoghurt (76 kcal) G, V	Yoghurt with Carrot (149 kcal) G, V	Yoghurt (76 kcal) G, V	Mixed Pickles (7 kcal) Vv, G, L
Yoghurt (76 kcal) G, V		Yoghurt (76 kcal) G, V		Yoghurt with Chopped Cucumbers (41 kcal) G, V
				Yoghurt (76 kcal) G, V
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit (70 kcal) Vv, G, L	Special Turkish Dessert 'Kemaipaşa' (167 kcal) V	Baked Rice Pudding (132 kcal) V, G	Fruit (70 kcal) Vv, G, L	Tiramisu (210 kcal) V
PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION
Milk (46 kcal) V, G	Milk (46 kcal) V, G	Boiled Egg (46 kcal) V, G, L	Milk (46 kcal) V, G	Milk (46 kcal) V, G
Fruit (70 kcal) Vv,G,L	Fruit (70 kcal) Vv,G,L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv,G,L
Brown Bread (221 kcal) Vv, L	Brown Bread (221 kcal) Vv, L	Sliced Carrot and Cucumber (157 kcal) Vv, G, L	Thin Turkish Bread pieces (157 kcal) Vv, L	Brown Bread (221 kcal) Vv, L
Honey (307 kcal) V, G, L	Honey (307 kcal) V, G, L	Brown Bread (221 kcal) Vv, L	Yoghurt (36 kcal) V, G	Honey (307 kcal) V, G, L
Labneh Cheese (210 kcal) V, G	Labneh Cheese (210 kcal) V, G			Labneh Cheese (210 kcal) V, G
*** Calories are calculated per 100gr. Portions***				
FRUIT....Served to all students during morning and afternoon break times				
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LUNCH MENU

19 September Monday	20 September Tuesday	21 September Wednesday	22 September Thursday	23 September Friday
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 kcal) L, V	Special Turkish 'Ezogelin Soup' (90 kcal) L, Vv	Mushroom Soup (39 kcal) V	Special Turkish Meat Soup (90 kcal)	Yoghurt Soup (88 kcal) V
Turkish Ravioli with Minced Meat (218 kcal)	Grilled Chicken (274 kcal) G	Meat Stew with Mix Vegetable (74 kcal) V, L	Pizza Margharita (186 kcal) V	Roast Meat (91 kcal) L
Tomato Sauce (68 kcal) G, L, Vv	Rice (175 kcal) G, Vv, L	Bulgur Wheat (149 kcal) Vv, L		Potato Puree (88 kcal) V, G
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Turkish Ravioli with Potato Filling (98 kcal) V	Zucchini Gratin (99 kcal) V	Stew with Mix Vegetable (190 kcal) V, L	Pizza Margharita (186 kcal) V	Vegetable Balls (116 kcal) V, L
2. OPTION	2. OPTION	2. OPTION	2. OPTION	2. OPTION
Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Lettuce (14 kcal) Vv, G, L	Sliced Tomatatos and Cucumber (28 kcal) Vv, G, L	Lettuce (14 kcal) Vv, G, L	Sliced Tomatatos and Cucumber (28 kcal) Vv, G, L	Lettuce (14 kcal) Vv, G, L
Carrot (10 kcal) Vv, G, L	Mixed Pickles (7 kcal) Vv, G, L	Carrot (10 kcal) Vv, G, L	Aubergine with Tomato Sauce (61 kcal)	Carrot (10 kcal) Vv, G, L
Green Beans with Olive Oil (48 kcal) Vv, G, L	Yoghurt (76 kcal) G, V	Russian Salad (112 kcal) V, G	Yoghurt (76 kcal) G, V	Special Turkish Bulghur Wheat Salad (162 kcal) Vv, L, G
Yoghurt (76 kcal) G, V		Yoghurt (76 kcal) G, V		Yoghurt (76 kcal) G, V
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit (70 kcal) Vv, G, L	Apple Pie (278 kcal) V	Mastic Pudding (124 kcal) V, G	Fruit (70 kcal) Vv, G, L	Profiterol (300 kcal) V
PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION
Milk (46 kcal) V, G	Milk (46 kcal) V, G	Boiled Egg (46 kcal) V, G, L	Milk (46 kcal) V, G	Milk (46 kcal) V, G
Fruit (70 kcal) Vv,G,L	Fruit (70 kcal) Vv,G,L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv,G,L
Brown Bread (221 kcal) Vv, L	Brown Bread (221 kcal) Vv, L	Sliced Carrot and Cucumber (157 kcal) Vv, G, L	Thin Turkish Bread pieces (157 kcal) Vv, L	Brown Bread (221 kcal) Vv, L
Honey (307 kcal) V, G, L	Honey (307 kcal) V, G, L	Brown Bread (221 kcal) Vv, L	Yoghurt (36 kcal) V, G	Honey (307 kcal) V, G, L
Labneh Cheese (210 kcal) V, G	Labneh Cheese (210 kcal) V, G			Labneh Cheese (210 kcal) V, G

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

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LUNCH MENU

26 September Monday	27 September Tuesday	28 September Wednesday	29 September Thursday	30 September Friday
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 kcal) L, V	Mushroom Soup (39 kcal) V	Special Turkish 'Ezogelin Soup' (90 kcal) Vv, L	Broccoli Soup (58 kcal) V	Tomato Soup (80 kcal) Vv, L
Meat Pea Stew (79 kcal) G, L	Turkey Noodle (290 kcal) L	Hamburger (135 kcal)	Meat Stew with Potato and Carrot (143 kcal) L, G	Lentil Stew with Minced Meat and Pasta (140 kcal) L
Rice (175 kcal) G, Vv, L		Fried Potatoes (210 kcal) L, G, Vv	Bulgur Wheat (149 kcal) Vv, L	Potato Croquet (183 kcal) V
		Yoghurt Drink (156 kcal) V, G		
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Peas Stew (84 kcal) G, L, Vv	Mushroom Noodle (190 kcal) V	Zucchini Fritters (145 kcal) Vv, L	Stew with Mix Vegetable (104 kcal) Vv, G, L	Lentil Stew with Pasta (160 kcal) Vv, L
2. OPTION	2. OPTION	2. OPTION	2. OPTION	2. OPTION
Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Lettuce (14 kcal) Vv, G, L	Carrot (10 kcal) Vv, G, L	Carrot (10 kcal) Vv, G, L	Sliced Tomatatos and Cucumber (28 kcal) Vv, G, L	Lettuce (14 kcal) Vv, G, L
Carrot (10 kcal) Vv, G, L	Mediterranean Salad (14 kcal) Vv, G, L	Mediterranean Salad (14 kcal) Vv, G, L	Salad with Pasta D'orzo (193 kcal) V	Carrot (10 kcal) Vv, G, L
Yoghurt with Chopped Cucumbers (41 kcal) G, V	Yoghurt with Carrot (149 kcal) V, G	Pickles (7 kcal) L, G, Vv	Yoghurt (76 kcal) G, V	Russian Salad (112 kcal) G, V
Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V		Yoghurt (76 kcal) G, V
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit (70 kcal) Vv, G, L	Cookie (215 kcal) V	Pudding with Rice (132 kcal) V, G	Fruit (70 kcal) Vv, G, L	Cheesecake (321 kcal) V
PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION	PRE-SCHOOL & RECEPTION
Milk (46 kcal) V, G	Milk (46 kcal) V, G	Boiled Egg (46 kcal) V, G, L	Milk (46 kcal) V, G	Milk (46 kcal) V, G
Fruit (70 kcal) Vv,G,L	Fruit (70 kcal) Vv,G,L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv,G,L
Brown Bread (221 kcal) Vv, L	Brown Bread (221 kcal) Vv, L	Sliced Carrot and Cucumber (157 kcal) Vv, G, L	Thin Turkish Bread pieces (157 kcal) Vv, L	Brown Bread (221 kcal) Vv, L
Honey (307 kcal) V, G, L	Honey (307 kcal) V, G, L	Brown Bread (221 kcal) Vv, L	Yoghurt (36 kcal) V, G	Honey (307 kcal) V, G, L
Labneh Cheese (210 kcal) V, G	Labneh Cheese (210 kcal) V, G			Labneh Cheese (210 kcal) 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)				
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