

LUNCH MENU

30 May Monday	31 May Tuesday	1 June Wednesday	2 June Thursday	3 June Friday
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 kcal) L, V	Yoghurt Soup (88 kcal) V	Special Turkish Meat Soup (90 kcal)	Tomato Soup (80 kcal) Vv, L	Special Turkish 'Ezogelin Soup' (90 kcal) L, Vv
Chicken Doner (124 kcal)	Shepherds Pie (112 kcal) G, V	Oven Baked Pasta (166 kcal) V	Oven Baked Chicken in Tomato Sauce (171 kcal)	Bean Stew with Meat (327 kcal) G, L
Rice (175 kcal) G, Vv, L	Boiled Vegetable (54 kcal) Vv, L, G	Peppers Filled with Rice (176 kcal) Vv, L, G	Oven Baked Potatoes (170 kcal) G, Vv, L	Rice (175 kcal) G, Vv, L
Yoghurt Drink (156 kcal) V, G				
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Mantar Quiche (295 kcal) V	Vegetarian Shepherds Pie (130 Kcal) V	Oven Baked Pasta (166 kcal) V	Oven Baked Vegetables (96 kcal) Vv, G, 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	Chickpeas Salad (122 kcal) Vv, G, L	Carrot (10 kcal) Vv, G, L	Salad with Pasta D'orzo (193 kcal) V	Carrot (10 kcal) Vv, G, L
Green Beans with Olive Oil (48 kcal) Vv, G, L	Yoghurt (76 kcal) G, V	Mexican Salad (122 kcal) Vv, G, L	Yoghurt (76 kcal) G, V	Mixed Pickles (19 kcal) G, Vv, 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	Mastic Pudding (124 kcal) V, G	Apple Pie (278 kcal) V	Fruit (70 kcal) Vv, G, L	Supangle with Bisquit (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

*** 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

6 June Monday	7 June Tuesday	8 June Wednesday	9 June Thursday	10 June Friday
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 kcal) L, V	Pea Soup (61 kcal) V	Mushroom Soup (39 kcal) V	Yoghurt Soup (88 kcal) V	Special Turkish 'Ezogelin Soup' (90 kcal) Vv, L
Spaghetti Bolonez (131 kcal) L	Peppers Filled with Rice (176 kcal) Vv, 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	Potato Croquet (183 kcal) V		Bulgur Wheat (149 kcal) Vv, L	Rice (175 kcal) Vv, G, L
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Spagetti (101 kcal) V, L	Peppers Filled with Rice (176 kcal) Vv, L, G	Vegetable 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 (19 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	Cookie (215 kcal) V	Baked Rice Pudding (132 kcal) V, G	Fruit (70 kcal) Vv, G, L	Tiramisu (210 kcal)
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)				
Meaning of the Letters V,Vv,G,L: V for Vegetarian, Vv for Vegan, G for Gluten Free, L for Lactose Free				

LUNCH MENU

13 June Monday	14 June Tuesday	15 June Wednesday	16 June Thursday	17 June Friday
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 kcal) L, V	Minestrone Soup (53kcal) Vv, L, G	Special Turkish 'Ezogelin Soup' (90 kcal) Vv, L	Special Turkish Meat Soup (90 kcal)	Broccoli Soup (58 kcal) V
Turkish Ravioli with Minced Meat (218 kcal)	Stuffed Ovened Aubergine with Minced Meat, Tomato and Pepper (190 kcal) G,L	Lentil Stew with Pasta (160 kcal) L	Pizza Margharita (186 kcal) V	Meatballs with Potato in Tomato Sauce (98 kcal) L
Tomato Sauce (68 kcal) G, L, Vv	Rice (175 kcal) G, Vv,L	Potato Croquet (183 kcal) V		Rice (175 kcal) G, Vv,L
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Turkish Ravioli with Potato Filling (98 kcal) V	Stuffed Ovened Aubergine with Tomato and Pepper (190 kcal) G,L, Vv	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	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	Yoghurt with Chopped Cucumbers (41 kcal) G, V	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
Green Beans with Olive Oil (48 kcal) Vv, G, L	Yoghurt (76 kcal) G, V	Potato Salad (132 kcal) Vv, G, L	Yoghurt (76 kcal) G, V	Bean Salad with Olive Oil (99 kcal) Vv, G, L
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	Traditional Turkish Dessert 'Kemalpaşa' (167 kcal) V	Fruit (70 kcal) Vv, G, L	Ice Cream (170 kcal) V	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)

Meaning of the Letters V,Vv,G,L: V for Vegetarian, Vv for Vegan, G for Gluten Free, L for Lactose Free

LUNCH MENU

20 June Monday	21 June Tuesday	22 June Wednesday	23 June Thursday	24 June Friday
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 kcal) L, V	Pea Soup (61 kcal) V	Mushroom Soup (39 kcal) V	Tomato Soup (80 kcal) Vv, L	Special Turkish 'Ezogelin Soup' (90 kcal) L, Vv
Meat Pea 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	Oven Baked Vegetables (96 kcal) V, G, L	Noodle with Mix Vegetable (190 kcal) V, L	Zucchini 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 Bulgur 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 (19 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)				
Meaning of the Letters V,Vv,G,L: V for Vegetarian, Vv for Vegan, G for Gluten Free, L for Lactose Free				