

LUNCH MENU

Monday 1 October	Tuesday 2 October	Wednesday 3 October	Thursday 4 October	Friday 5 October
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal) Vv, L	Turkish Style Lentil Soup-Ezogelin Soup (90cal) Vv, L	Broccoli Soup (58 cal) Vv	Mushroom Soup (63 cal) Vv	Turkish Style Lentil Soup-Ezogelin Soup (90cal) Vv, L
Sphagetti Bolognese (151 cal) L	Turkey Schnitzel (512 cal) L	Lasagne with Meat (260 cal) L	Grilled Meat Ball (365 cal) L	Roasted Chicken (510 cal) L
Sliced Cheese (425 cal) G	Rice of Wheat Grains(114 cal) Vv		French-fried Potatoes (195 cal) Vv,G,L	Rice (190cal) Vv,G,L
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Sphagetti with Vegetables (101 cal) Vv, L	Kebab with Vegetables (96 cal) Vv,G,L	Lasagne with Vegetables (174 cal) V,L	Lentil Meatball (105 cal) Vv,L	Baked Vegetables Kebab (180 cal) Vv,G,L
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195cal) Vv,G,L	Baked Potato (195cal) Vv,G,L	Baked Potato (195cal) Vv,G,L	Baked Potato (195cal) Vv,G,L	Baked Potato (195cal) Vv,G,L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Mixed Salad (14cal) Vv, G, L	Mixed Salad (14cal) Vv, G, L	Mixed Salad (14cal) Vv, G, L	Mediterranean Salad (13cal) Vv, G, L	Mixed Salad (14cal) Vv, G, L
Carrot (42 cal) Vv,G,L	Mixed Tomato Salad (28 cal) Vv, G, L	Mixed Tomato Salad (28 cal) Vv, G, L	Carrot (42 cal) Vv,G,L	Carrot (42 cal) Vv,G,L
Wheat Salad (120 cal) Vv,L	Lentil Salad (116 cal) Vv,G,L	Fried Aubergines (175 cal) Vv,G,L	Haricot Bean Salad (119 cal) Vv,G,L	Noodle Salad (193cal) Vv,L
Okra Salad (73 cal) Vv,G,L	Peackle (32 cal) Vv,G,L	Reddish Shell Bean Salad (263 cal) Vv,G,L	Potato Salad (132 cal) Vv,G,L	Cranberry Beans (263 cal) V, G,L
Yoghurt (76cal) V,G	Yoghurt (76cal) V,G	Yoghurt (76cal) V,G	Yoghurt (76cal) V,G	Yoghurt (76cal) V,G
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit (70 cal) Vv,G,L	Brown Cake (232 cal) Vv,L	Fruit (70 cal) Vv,G,L	Semolina Dessert with milk and lemon (180 cal) V	Chocolate Pudding (159 cal) V
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal) V,G	Milk (46cal) V,G	Egg (80cal) V,G,L	Milk (46cal) V,G	Milk (46cal) V,G
Fruit (70 cal) Vv,G,L	Fruit (70 cal) Vv,G,L	Fruit (70 cal) Vv,G,L	Fruit (70 cal) Vv,G,L	Fruit (70 cal) Vv,G,L
Brown Bread (221cal) Vv,L	Brown Bread (221cal) Vv,L	Sliced carrot and cucumber (157 cal) Vv,G,L	Thin Bread -Lavash (221cal) Vv,L	Brown Bread (221cal) Vv,L
Honey (307cal) V,G,L	Honey (307cal) V,G,L	Brown Bread (221cal) Vv,L	Yogurt Dip (128cal) V,G	Honey (307cal) V,G,L
Cream Cheese (210cal) V,G	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 pease)

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

LUNCH MENU

Monday 8 October	Tuesday 9 October	Wednesday 10 October	Thursday 11 October	Friday 12 October
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal) Vv, L	Broccoli Soup (58 cal) Vv	Tomato Soup (80cal) V,Vv,L	Mushroom Soup (63 cal) Vv	Turkish Style Lentil Soup- Ezogelin Soup (90cal) Vv, L
Fish Finger (593 cal) L	Haricot Bean with Meat (172 cal) G,L	Mixed Pizza (260 cal)	Meat Balls in Tomato Sauce (250 cal) L	Grilled Chicken (274 Kcal) G,L
Baked Potato with Cream (295 cal) V,G	Rice (190cal) V,Vv,G,L		Sphagetti (151 cal) L	Rice (190cal) V,Vv,G,L
Ayran-Yoghurt Drink (57 cal) V,G	Ayran-Yoghurt Drink (57 cal) V,G			Ayran-Yoghurt Drink (57 cal) V,G
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Sphagetti with Vegetables (101 cal) Vv, L	Haricot Bean (125 cal) V,Vv,G,L	Pizza with Vegetables (174 cal) V	Zucchini with Cream (120 cal) V	Baked Vegetables Kebab (180 cal) V,Vv,G,L
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195cal) V,Vv,G,L	Baked Potato (195cal) V,Vv,G,L	Baked Potato (195cal) V,Vv,G,L	Baked Potato (195cal) V,Vv,G,L	Baked Potato (195cal) V,Vv,G,L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Mixed Salad (14cal) Vv, G, L	Mediterranean Salad (13cal) Vv, G, L	Mixed Salad (14cal) Vv, G, L	Mediterranean Salad (13cal) Vv, G, L	Mediterranean Salad (13cal) Vv, G, L
Mixed Tomato Salad (28 cal) V,Vv, G, L	Mixed Tomato Salad (28 cal) V,Vv, G, L	Mixed Tomato Salad (28 cal) V,Vv, G, L	Mixed Tomato Salad (28 cal) V,Vv, G, L	Mixed Tomato Salad (28 cal) V,Vv, G, L
Red Cabbage Salad (45 cal) V,Vv,G,L	Eggplant Salad (126 cal) V,Vv,G,L	Mashroom Salad (86 cal) V,Vv,G,L	Cous cous (57 cal) V,Vv,L	Eggplant Salad (126 cal)
Green Bean Salad (43 cal) V,Vv,G,L	Noodle Salad (193 cal) V,Vv,L	Green Lentil Salad (116 cal) V,Vv,G,L	Fried Pepper with Yoghurt-Tarator(107 cal) V,G	American Salad with mayonnaise (255 cal) V,G
Yoghurt (76cal) V,G	Yoghurt (76cal) V,G	Yoghurt (76cal) V,G	Yoghurt (76cal) V,G	Yoghurt (76cal) V,G
	Peackle (32 cal) V,Vv,G,L			
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Yoghurt with Fruit (115 cal) V,G	Wheat Biscuit (169 cal) V,Vv,L	Fruit (70 cal) V,Vv,G,L	Apple pie (278 cal) V,Vv,L	Rice dessert with milk (200 cal) V
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal) V,G	Fruit (70 cal) V,Vv,G,L	Egg (80cal) V,G,L	Milk (46cal) V,G	Milk (46cal) V,G
Fruit (70 cal) V,Vv,G,L	Thin Bread -Lavash (221cal) V,Vv,L	Fruit (70 cal) V,Vv,G,L	Fruit (70 cal) V,Vv,G,L	Fruit (70 cal) V,Vv,G,L
Brown Bread (221cal) Vv,L	Yogurt Dip (128cal) V,G	Thin Bread -Lavash (221cal) V,Vv,L	Thin Bread -Lavash (221cal) V,Vv,L	Thin Bread -Lavash (221cal) V,Vv,L
Honey (307cal) V,G,L		Honey (307cal) V,G,L	Sliced Carrots and Cucumbers (65cal) V,Vv,G,L	Sliced Carrots and Cucumbers (65cal) V,Vv,G,L
		Cream Cheese (210cal) V,G	Egg (80cal) V,G,L	Egg (80cal) V,G,L

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

Monday 15 October	Tuesday 16 October	Wednesday 17 October	Thursday 18 October	Friday 19 October
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal) Vv, L	Turkish Style Lentil Soup- Ezogelin Soup (90cal) Vv, L	Broccoli Soup (58 cal) Vv	Mushroom Soup (63 cal) Vv	Tomato Soup (80cal) V,Vv,L
Sphagetti Bolognese (151 cal) L	Baked Turkey (165 cal) L,G	Pepper Stuffed with Meat (130 cal) G,L	Home Made Burger (235 cal) L	Grilled Chicken (125 cal) G,L
Sliced Cheese (425 cal) G	Rice (190cal) V,Vv,G,L	Sphagetti (151 cal) V,Vv,L	French Fries (210 cal) V,Vv,G,L	Thin Bread -Lavash (221cal) V,Vv,L
			Ayran-Yoghurt Drink (57 cal) V,G	Rice (190cal) V,Vv,G,L
				Ayran-Yoghurt Drink (57 cal) V,G
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Sphagetti with Vegetables (101 cal) Vv, L	Lentil Ball (105 cal) V,Vv,L	Pepper Stuffed (96 cal) V,Vv,G,L	Baked Vegetables Kebab (180 cal) V,Vv,G,L	Roasted Mushroom (96 cal) V,Vv,G,L
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195cal) V,Vv,G,L	Baked Potato (195cal) V,Vv,G,L	Baked Potato (195cal) V,Vv,G,L	Baked Potato (195cal) V,Vv,G,L	Baked Potato (195cal) V,Vv,G,L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Mixed Salad (14cal) Vv, G, L	Mediterranean Salad (13cal) V,Vv,G,L	Mixed Salad (14cal) Vv, G, L	Mediterranean Salad (13cal) Vv, G, L	Mixed Salad (14cal) Vv, G, L
Mixed Tomato Salad (28 cal) Vv, G, L	Mixed Salad (14cal) V,Vv,G,L	Mixed Salad (14cal) Vv, G, L	Mixed Salad (14cal) Vv, G, L	Mixed Green Salad (14cal) Vv, G, L
Bulgur Salad - Kısır (335 Kcal) V,Vv,L	Noodle Salad (193 cal) V,Vv,L	Fried eggplant and pepper (175 cal) Vv, G, L	Pepper Salad with Yoghurt (102 cal) V,Vv,G,L	Stuffed (96 cal) V,Vv,G,L
Crisps Salad (62 cal) V	Potato Salad (132 cal)V,Vv,G,L	Zucchini with Yoghurt Salad (102 cal) V,G	Celery Salad (42 cal) V,Vv,G,L	Bulgur Salad - Kısır (335 Kcal) V,Vv,L
Yoghurt (76cal) V,G	Yoghurt (76cal) V,G	Green Lentil Salad (96 cal) V,Vv,G,L	Yoghurt (76cal) V,G	Yoghurt (76cal) V,G
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit (70 cal) V,Vv,G,L	Milk Pudding with coconut (240 cal) V	Fruit (70 cal) V,Vv,G,L	Wheat Cake (232 cal) V,Vv,L	Tiramisu (245 cal) V
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal) V,G	Milk (46cal) V,G	Egg (80cal) V,G,L	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,G,L	Fruit (70 cal) V,Vv,G,L	Fruit (70 cal) V,Vv,G,L
Brown Bread (221cal) Vv,L	Thin Bread -Lavash (221cal) V,Vv,L	Thin Bread -Lavash (221cal) V,Vv,L	Thin Bread -Lavash (221cal) V,Vv,L	Brown Bread (221cal) Vv,L
Honey (307cal) V,G,L	Yogurt Dip (128cal) V,G	Yogurt Dip (128cal) V,G	Yogurt Dip (128cal) V,G	Honey (307cal) V,G,L
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 pease)				
Meaning of the Letters V,Vv,G,L: V for Vegetarian, Vv for Vegan, G for Gluten Free, L for Lactose Free,				

LUNCH MENU

Monday 22 October	Tuesday 23 October	Wednesday 24 October	Thursday 25 October	Friday 26 October
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal) Vv, L	Tomato Soup (80cal) V,Vv,L	Mushroom Soup (63 cal) Vv	Broccoli Soup (58 cal) Vv	Turkish Style Lentil Soup- Ezogelin Soup (90cal) Vv, L
Chickpea with Meat (165 cal) G, L	Grilled Chicken (139cal) G,L	Mixed Pizza (260 cal)	Fried Meatballs with Rice in Egg Batter (380 cal) L	Eggplants with Minced Meat (391 cal) G,L
Rice (190cal) V,Vv,G,L	Thin Bread -Lavash (221cal) V,Vv,L		Mashed Potato (107 cal) V,Vv,G,L	Rice (190cal) V,Vv,G,L
	Rice (190cal) V,Vv,G,L			
	Ayran-Yoghurt Drink (57 cal) V,G			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Chickpea (132 cal) V,Vv,G,L	Vegetable (96 cal) V,Vv,G,L	Pizza with Vegetables (174 cal) V	Lentil Meatballs (105 cal) V,V,L	Eggplant with vegetables (130 cal) V,Vv,G,L
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195cal) V,Vv,G,L	Baked Potato (195cal) V,Vv,G,L	Baked Potato (195cal) V,Vv,G,L	Baked Potato (195cal) V,Vv,G,L	Baked Potato (195cal) V,Vv,G,L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Mixed Salad (14cal) Vv, G, L	Mediterranean Salad (13cal) Vv, G, L	Mixed Salad (14cal) Vv, G, L	Mediterranean Salad (13cal) Vv, G, L	Mixed Salad (14cal) Vv, G, L
Mixed Tomato Salad (28 cal) V,Vv, G, L	Carrot (42 cal) V,Vv,G,L	Carrot (42 cal) V,Vv,G,L	Carrot (42 cal) V,Vv,G,L	Carrot (42 cal) V,Vv,G,L
Red Cabbage Salad (45 cal) V,Vv,G,L	Eggplant Salad (86 cal) V,Vv,G,L	Chickpea Salad (95 cal) V,Vv,G,L	Noodle Salad (193cal) V,Vv,L	Stuffed (96 cal) V,Vv,G,L
Spinach Salad (73 cal) V,Vv,G,L	Mexican Salad (122 cal) V,Vv,G,L	Leek Salad (114 cal) V,Vv,G,L	Arthichoke Salad (73 cal) V,Vv,G,L	Bulgur Salad - Kısır (335 Kcal) V,Vv,L
Yoghurt (76cal) V,G	Yoghurt (76cal) V,G	Yoghurt (76cal) V,G	Yoghurt (76cal) V,G	Yoghurt (76cal) V,G
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Yoghurt with Fruit (115 cal) V,G	Wheat Biscuit (169 cal) V,Vv,L	Fruit (70 cal) V,Vv,G,L	Apple pie (278 cal) V,Vv	Rice dessert with milk (200 cal) V
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal) V,G	Milk (46cal) V,G	Milk (46cal) V,G	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,G,L	Fruit (70 cal) V,Vv,G,L	Fruit (70 cal) V,Vv,G,L
Brown Bread (221cal) Vv,L	Thin Bread -Lavash (221cal) V,Vv,L	Thin Bread -Lavash (221cal) V,Vv,L	Sliced Carrots and Cucumbers (65cal) V,Vv,G,L	Brown Bread (221cal) Vv,L
Honey (307cal) V,G,L	Yogurt Dip (128cal) V,G	Sliced Carrot & Cucumbers (65cal) V,Vv,G,L	Yogurt Dip (128cal) V,G	Honey (307cal) V,G,L
Cream Cheese (210cal) V,G		Egg (80cal) V,G,L	Brown Bread (221cal) Vv,L	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 pea)				
Meaning of the Letters V,Vv,G,L: V for Vegetarian, Vv for Vegan, G for Gluten Free, L for Lactose Free,				