



# LUNCH MENU

Monday 3 September	Tuesday 4 September	Wednesday 5 September	Thursday 6 September	Friday 7 September
<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>
Lentil Soup (55cal)	Turkish Style Lentil Soup- Ezogelin Soup (90cal)	Broccoli Soup (58 cal)	Mushroom Soup (63 cal)	Turkish Style Lentil Soup- Ezogelin Soup (90cal)
Sphagetti Bolognese (151 cal)	Turkey Schnitzel (512 cal)	Lasagne with Meat ( 260 cal)	Grilled Meat Ball ( 365 cal)	Roasting Chicken (510 cal)
Sliced Cheese (425 cal )	Rice of Wheat Grains(114 cal)		Baked Potato (195 cal)	Rice (190cal)
				Haricot Bean Salad (59 cal)
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Sphagetti with Vegetables (101 cal)	Kebab with Vegetables (96 cal)	Lasagne with Vegetables (174 cal)	Lentil Meatball (105 cal)	Baked Vegetables Kebab (180 cal)
<b>2nd CHOICE</b>	<b>2nd CHOICE</b>	<b>2nd CHOICE</b>	<b>2nd CHOICE</b>	<b>2nd CHOICE</b>
Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Mixed Salad (14cal)	Mixed Green Salad (14cal)	Mixed Salad (14cal)	Mediterranean Salad (13cal)	Mixed Salad (14cal)
Carrot (42 cal)	Mixed Tomato Salad (28 cal)	Mixed Tomato Salad (28 cal)	Carrot (42 cal)	Carrot (42 cal)
Wheat Salad (120 cal)	Lentil Salad (116 cal)	Fried Aubergines (175 cal)	Haricot Bean Salad (119 cal)	Noodle Salad (193cal)
Okra Salad (73 cal)	Peackle (32 cal)	Reddish Shell Bean Salad (263 cal)	Potato Salad (132 cal)	Cranberry Beans (263 cal)
Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Fruit (70 cal)	Brown Cake (232 cal)	Fruit (70 cal)	Semolina Dessert with milk and lemon (180 cal)	Chocolate Pudding (159 cal)
<b>PRESCHOOL</b>	<b>PRESCHOOL</b>	<b>PRESCHOOL</b>	<b>PRESCHOOL</b>	<b>PRESCHOOL</b>
Milk (46cal)	Milk (46cal)	Egg (80cal)	Milk (46cal)	Milk (46cal)
Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)
Brown Bread (221cal)	Brown Bread (221cal)	Sliced carrot and cucumber (157 cal)	Thin Bread -Lavash (221cal)	Brown Bread (221cal)
Honey (307cal)	Honey (307cal)	Brown Bread (128 cal)	Yogurt Dip (128cal)	Honey (307cal)
Cream Cheese (210cal)	Cream Cheese (210cal)			Cream Cheese (210cal)
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)				



# LUNCH MENU

Monday 10 September	Tuesday 11 September	Wednesday 12 September	Thursday 13 September	Friday 14 September
<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>
Lentil Soup (55cal)	Broccoli Soup (58 cal)	Mushroom Soup (63cal)	Tomato Soup (80cal)	Turkish Style Lentil Soup- Ezogelin Soup (90cal)
Fish Finger (593 cal)	Oven Baked Chicken (291 cal)	Meat Balls in Tomato Sauce (250 cal)	Mixed Pizza (260 cal)	Grilled Chicken (274 Kcal)
Baked Potato with Cream (295 cal)	Rice (190 cal)	Sphagetti with Tomato Sauce (151 cal)		Rice (190 cal)
Ayran-Yoghurt Drink (57 cal)	Ayran-Yoghurt Drink (57 cal)			Ayran-Yoghurt Drink (57 cal)
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Sphagetti With Vegetables (101 cal)	Haricot Bean (125 cal)	Zucchini with Cream (120 cal)	Oven Baked Kebab With Vegetables (180 cal)	Oven Baked Kebab With Vegetables (180 cal)
<b>2nd CHOICE</b>	<b>2nd CHOICE</b>	<b>2nd CHOICE</b>	<b>2nd CHOICE</b>	<b>2nd CHOICE</b>
Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Mixed Green Salad (14cal)	Mediterranean Salad (13cal)	Mixed Green Salad (14cal)	Mediterranean Salad (13cal)	Mediterranean Salad (13cal)
Mixed Tomato Salad (28 cal)	Mixed Tomato Salad (28 cal)	Mixed Tomato Salad (28 cal)	Mixed Tomato Salad (28 cal)	Mixed Tomato Salad (28 cal)
Red Cabbage Salad (45 cal)	Eggplant Salad (126 cal)	Mashroom Salad (86 cal)	Cous cous (57 cal)	Eggplant Salad (126 cal)
Green Bean Salad (43 cal)	Noodle Salad (193 cal)	Yoghurt (76cal)	Fried Pepper with Yoghurt-Tarator(107 cal)	American Salad with mayonnaise (255 cal)
Yoghurt (76cal)	Yoghurt (76cal)	Green Lentil Salad (116 cal)	Yoghurt (76cal)	Yoghurt (76cal)
	Peackle (32 cal)			
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Yoghurt with Fruit (115 cal)	Wheat Biscuit (169 cal)	Fruit (70cal)	Apple pie (278 cal)	Rice dessert with milk (200 cal)
<b>PRESCHOOL</b>	<b>PRESCHOOL</b>	<b>PRESCHOOL</b>	<b>PRESCHOOL</b>	<b>PRESCHOOL</b>
Milk (46cal)		Egg (80cal)	Milk (46cal)	Milk (46cal)
Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)
Brown Bread (221cal)	Lavash Bread (157cal)	Lavash Bread (157cal)	Lavash Bread (157cal)	Lavash Bread (157cal)
Honey (307cal) Dip	Yogurt Dip (128cal)	Cream Cheese (128cal)	Sliced Carrots and Cucumbers (65cal)	Sliced Carrots and Cucumbers (65cal)
		Honey (307cal) Dip	Egg (80 cal)	Egg (80 cal)

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)

# LUNCH MENU

Monday 17 September	Tuesday 18 September	Wednesday 19 September	Thursday 20 September	Friday 21 September
<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>
Lentil Soup (55cal)	Tomato Soup (80cal)	Broccoli Soup (58 cal)	Mushroom Soup (63 cal)	Turkish Style Lentil Soup- Ezogelin (90 cal)
Sphagetti Bolognese (151 cal)	Grilled Chicken (139cal)	Pepper Stuffed with Meat (130 cal)	Home Made Burger (235 cal)	Baked Turkey (165 cal)
Sliced Cheese (425 cal )	Lavash Bread (157cal)	Sphagetti with Tomato Sauce (151 cal)	French Fries (210 cal)	Rice (190cal)
	Rice (190cal)		Ayran-Yoghurt Drink (57 cal)	
	Yoghurt Drink-Ayran (156 cal)			
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Sphagetti with Vegetables (101 cal)	Roasting Mushroom ( 96 cal)	Kebab with Vegetables (96 cal)	Oven Baked Kebab With Vegetables (180 cal)	Lentil Ball (105 cal)
<b>2nd CHOICE</b>	<b>2nd CHOICE</b>	<b>2nd CHOICE</b>	<b>2nd CHOICE</b>	<b>2nd CHOICE</b>
Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Mixed Salad (14cal)	Mediterranean Salad (13cal)	Mixed Green Salad (14cal)	Mediterranean Salad (13cal)	Mixed Green Salad (14cal)
Mixed Tomato Salad (28 cal)	Mixed Salad (14cal)	Mixed Salad (14cal)	Mixed Salad (14cal)	Mixed Salad (14cal)
Bulgur Salad - Kısır (335 Kcal)	Noodle Salad (193 cal)	Fried eggplant and pepper (175 cal)	Pepper Salad with Yoghurt (102 cal)	Stuffed (96 cal)
Crisps Salad (62 cal)	Potato Salad (132 cal)	Zucchini with Yoghurt Salad (102 cal)	Celery Salad (42 cal)	Bulgur Salad - Kısır (335 Kcal)
Yoghurt (76cal)	Yoghurt (76cal)	Green Lentil Salad (96 cal)	Yoghurt (76cal)	Yoghurt (76cal)
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Fruit (70 cal)	Milk Pudding with coconut (240 cal)	Fruit (70 cal)	Wheat Cake (232 cal)	Profiterole -Pastry rolls coated with chocolate sauce (250 cal)
<b>PRESCHOOL</b>	<b>PRESCHOOL</b>	<b>PRESCHOOL</b>	<b>PRESCHOOL</b>	<b>PRESCHOOL</b>
Milk (46cal)	Milk (46cal)	Egg (46 cal)	Milk (46cal)	Milk (46cal)
Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)	Fruit (70cal)
Brown Bread (221cal)	Lavash Bread (157cal)	Lavash Bread (157cal)	Lavash Bread (157cal)	Brown Bread (221cal)
Honey (307cal) Dip	Yogurt Dip (128cal)	Yogurt Dip (128cal)	Yogurt Dip (128cal)	Honey (307cal) Dip
Cream Cheese (210cal)		Egg (46 cal)		Cream Cheese (210cal)

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)

# LUNCH

Monday 24 September	Tuesday 25 September	Wednesday 26 September
<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>
Lentil Soup (55cal)	Tomato Soup (80cal)	Mushroom Soup (63 cal)
Chickpea with Meat (165 cal)	Grilled Chicken (139cal)	Mixed Pizza (260 cal)
Rice (190cal)	Lavash Bread (157cal)	
	Rice (190cal)	
	Yoghurt Drink-Ayran (156 cal)	
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Chickpea (132 cal)	Vegatables ( 96 cal)	Pizza with Vegatables (174 cal)
<b>2nd CHOICE</b>	<b>2nd CHOICE</b>	<b>2nd CHOICE</b>
Baked Potato (195cal)	Baked Potato (195cal)	Baked Potato (195cal)
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Mixed Salad (14cal)	Mediterranean Salad (13cal)	Mixed Green Salad (14cal)
Mixed Salad (14cal)	Carrot (42 cal)	Carrot (42 cal)
Red Cabbage Salad (45 cal)	Eggplant Salad (86 cal)	Chickpea Salad (95 cal)
Spinach Salad (73 cal)	Mexican Salad (122 cal)	Leek Salad (114 cal)
Yoghurt (76cal)	Yoghurt (76cal)	Yoghurt (76cal)
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Yoghurt with Fruit (115 cal)	Wheat Biscuit (169 cal)	Fruit (70cal)
<b>PRESCHOOL</b>	<b>PRESCHOOL</b>	<b>PRESCHOOL</b>

Milk (46cal)	Milk (46cal)	Egg (80cal)
Fruit (70cal)	Fruit (70cal)	Fruit (70cal)
Brown Bread (221cal)	Lavash Bread (157cal)	Lavash Bread (157cal)
Honey (307cal)	Yogurt Dip (128cal)	Sliced Carrots and Cucumbers (65 cal)
Cream Cheese (210cal)		Egg (46 cal)

**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 s**

# MENU

Thursday 27 September	Friday 28 September
<b>MAIN DISH</b>	<b>MAIN DISH</b>
Broccoli Soup (58 cal)	Turkish Style Lentil Soup- Ezogelin (90 cal)
Fried Meatballs with Rice in Egg Batter (380 cal)	Eggplants with Minced Meat (391 cal)
Mashed Potato (107 cal)	Rice (190cal)
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Lentil Meatballs (105 cal)	Eggplant with vegetables (130 cal)
<b>2nd CHOICE</b>	<b>2nd CHOICE</b>
Baked Potato (195cal)	Baked Potato (195cal)
<b>SALAD BAR</b>	<b>SALAD BAR</b>
Mediterranean Salad (13cal)	Mixed Green Salad (14cal)
Carrot (42 cal)	Carrot (42 cal)
Noodle Slad (193 cal)	Stuffed (96 cal)
Arthichoke Salad (73 cal)	Bulgur Salad - Kısır (335 Kcal)
Yoghurt (76cal)	Yoghurt (76cal)
<b>DESSERT</b>	<b>DESSERT</b>
Apple pie (278 cal)	Rice dessert with milk (200 cal)
<b>PRESCHOOL</b>	<b>PRESCHOOL</b>

<b>Milk (46cal)</b>	<b>Milk (46cal)</b>
<b>Fruit (70cal)</b>	<b>Fruit (70cal)</b>
<b>Sliced Carrots and Cucumbers (65 cal)</b>	<b>Brown Bread (221cal)</b>
<b>Yogurt Dip (128cal)</b>	<b>Honey (307cal)</b>
<b>Brown Bread (221cal)</b>	<b>Cream Cheese (210cal)</b>
<b>erved (alternatively corn, carrot, broccoli and pease)</b>	