

LUNCH MENU

Monday 3 December	Tuesday 4 December	Wednesday 5 December	Thursday 6 December	Friday 7 December
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	Zucchini Soup (63 cal) Vv	Turkish Style Lentil Soup- Ezogelin Soup (90cal) Vv, L
Penne Pasta (151 cal) V,Vv, L	Turkey Schnitzel (512 cal) L	Lasagne with Meat (260 cal) L	Grilled Meat Ball (365 cal) L	Roasted Chicken (510 cal) L
Grated Cheese (425 cal) G	Rice of Wheat Grains(114 cal) Vv		French Fries (195 cal) Vv,G,L	Rice (190cal) Vv,G,L
Meat and Tomato Sauce (120 cal) L, G				
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Penne (151 cal) V, Vv, L	Kebab with Vegetables (96 cal) Vv,G,L	Lasagne with Vegetables (174 cal) V,L	Lentil Meatball (105 cal) Vv,L	Baked Vegetable Kebab (180 cal) Vv,G,L
Mushroom Sauce (90 cal) V				
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
Grated Carrot (42 cal) Vv,G,L	Grated Carrot (42 cal) Vv,G,L	Grated Carrot (42 cal) Vv,G,L	Grated Carrot (42 cal) Vv,G,L	Grated 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	Pickle (32 cal) Vv,G,L	Reddish Shell Bean Salad (263 cal) Vv,G,L	Potato Salad (132 cal) Vv,G,L	Rice-Filled Pepper (176 cal) V,Vv,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 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 10 December	Tuesday 11 December	Wednesday 12 December	Thursday 13 December	Friday 14 December
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
Manti (218 cal)	Haricot Bean with Meat (172 cal) G,L	Mixed Pizza (260 cal)	Meatballs 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 with noodles (195cal) V,Vv,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
Vegetable Patty (195 cal) V,Vv, L	Haricot Bean (125 cal) V,Vv,G,L	Pizza with Vegetables (174 cal) V	Zucchini with Cream (120 cal) V	Baked Vegetable 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
Grated Carrot (42 cal) Vv,G,L	Grated Carrot (42 cal) Vv,G,L	Grated Carrot (42 cal) Vv,G,L	Grated Carrot (42 cal) Vv,G,L	Grated Carrot (42 cal) Vv,G,L
Red Cabbage Salad (45 cal) V,Vv,G,L	Leek Salad (100 cal) V,Vv,G,L	Celery Salad (86 cal) V,Vv,G,L	Noodle Salad (193cal) Vv,L	Eggplant Salad (126 cal)
Green Bean Salad (43 cal) V,Vv,G,L	Fried Pepper with Yoghurt- (Tarator) (107 cal) V,G	Bulgur Salad - (Kisir) (335 Kcal) V,Vv,L	Maushroom Salad (86 cal) Vv, G, L	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
	Pickled Vegetables (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	
			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 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 17 December	Tuesday 18 December	Wednesday 19 December	Thursday 20 December	Friday 21 December
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
Penne Pasta (151 cal) V,Vv, L	Baked Turkey (165 cal) L,G	Meat on Mashed Eggplant (347 cal) V	Home Made Burger (235 cal) L	Grilled Chicken (125 cal) G,L
Grated 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
Meat and Tomato Souce (120 cal) L, G		For Primary Students: Mashed Potato (107 cal) V,Vv,G,L	Ayran-Yoghurt Drink (57 cal) V,G	Rice with Tomato (190cal) V,Vv,G,L
				Ayran-Yoghurt Drink (57 cal) V,G
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Penne (151 cal) V, Vv, L	Lentil Ball (105 cal) V,Vv,L	Vegetables with Mashed Eggplant (210 cal) V,Vv,G,L	Vegetable Patty (195 cal) V,Vv, L	Roasted Mushroom (96 cal) V,Vv,G,L
Mushroom Sauce (90 cal) V				
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
Grated Carrot (42 cal) Vv,G,L	Grated Carrot (42 cal) Vv,G,L	Grated Carrot (42 cal) Vv,G,L	Grated Carrot (42 cal) Vv,G,L	Grated Carrot (42 cal) Vv,G,L
Spinach Salad (73 cal) V,Vv,G,L	Green Lentil Salad (116 cal) V,Vv,G,L	Arthichoke Salad (73 cal) V,Vv,G,L	Noodle Salad (193cal) Vv,L	Rice-Filled Peppers (176 Cal) V,Vv,G,L
Potato Salad (62 cal) V	Fried Cauliflower (180 cal) Vv, G, L	Zucchini with Yoghurt Salad (102 cal) V,G	Reddish Shell Bean Salad (150 cal) V,Vv,G,L	Potato Salad (132 cal)V,Vv,G,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	Honey (307cal) V,G,L	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,