

LUNCH MENU

Monday 4 February	Tuesday 5 February	Wednesday 6 February	Thursday 7 February	Friday 8 February
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 kcal) Vv, L	Tomato Soup (80 kcal) V,Vv,L	Broccoli Soup (58 kcal) Vv	Zucchini Soup (70 kcal) Vv	Turkish Style Lentil Soup- Ezogelin Soup (90cal) Vv, L
Penne Pasta (151 kcal) V,Vv, L	Turkey & Vegetable Kebab (350 kcal) L	Meat Lasagne (260 kcal)	Grilled Turkish Meatballs (365 kcal) L	Fried Chicken (340 kcal)
Meat & Tomato Sauce (120 kcal) L, G	Bulgur Wheat (114 kcal) Vv		Fried Potatoes (210 kcal)	Vegetable Rice (175 kcal)
Grated Cheese (75 kcal) G			Boiled Vegetables (80 kcal)	
			Ayran-Yoghurt Drink (57 kcal) V,G	
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Penne (98 kcal) V, Vv, L	Vegetable Kebab (96 kcal) Vv,G,L	Vegetable Lasagne (174 kcal) V,L	Lentil Meatball (105 kcal) Vv,L	Baked Vegetable Kebab (180 kcal) Vv,G,L
Mushroom Sauce (90 kcal) V				
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
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
Mixed Salad (14 kcal) Vv, G, L	Mixed Salad (14 kcal) Vv, G, L	Mixed Salad (14 kcal) Vv, G, L	Mediterranean Salad (13 kcal) Vv, G, L	Mixed Salad (14 kcal) Vv, G, L
Grated Carrot (42 kcal) Vv,G,L	Grated Carrot (42 kcal) Vv,G,L	Grated Carrot (42 kcal) Vv,G,L	Grated Carrot (42 kcal) Vv,G,L	Grated Carrot (42 kcal) Vv,G,L
Shredded Red Cabbage (45 kcal) Vv, G, L	Lentil Salad (116 kcal) Vv,G,L	Fried Aubergines (175 kcal) Vv,G,L	Haricot Bean Salad (59 kcal) Vv,G,L	Noodle Salad (193 kcal) Vv,L
Okra Salad (43 kcal) Vv,G,L	Potato, Pea & Carrot Salad (75 kcal) Vv, G, L	Bean Salad (120 kcal) Vv, G, L	Rice-Filled Pepper (96 kcal)	Potato Salad (132 kcal) Vv,G,L
Yoghurt (76 kcal) V,G	Yoghurt (76 kcal) V,G	Yoghurt (76 kcal) V,G	Yoghurt (76 kcal) V,G	Yoghurt (76 kcal) V,G
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit (70 kcal) Vv,G,L	Brown Cake (232 kcal) Vv,L	Fruit (70 kcal) Vv,G,L	Turkish Style Rice Pudding (223 kcal) V	Profiteroles (250 kcal) V
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46 kcal) V,G	Egg (80 kcal) V,G,L	Milk (46 kcal) V,G	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	Sliced Carrot and Cucumber (157 kcal) Vv,G,L	Brown Bread (221 kcal) Vv,L	Thin Bread -Lavash (221 kcal) Vv,L	Brown Bread (221 kcal) Vv,L
Honey (307 kcal) V,G,L	Brown Bread (221 kcal) Vv,L	Honey (307 kcal) V,G,L	Yogurt Dip (128 kcal) V,G	Honey (307 kcal) V,G,L
Cream Cheese (210 kcal) V,G		Cream Cheese (210 kcal) V,G		Cream 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

Monday 11 February	Tuesday 12 February	Wednesday 13 February	Thursday 14 February	Friday 15 February
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 kcal) Vv, L	Broccoli Soup (58 kcal) Vv	Tomato Soup (80 kcal) V,Vv,L	Mushroom Soup (63 kcal) Vv	Turkish Style Lentil Soup- Ezogelin Soup (90 kcal) Vv, L
Fish Finger (593 kcal) L	Haricot Bean & Meat Stew (172 kcal) G,L	Meat & Vegetable Pizza (260 kcal)	Turkish Meatballs in Tomato Sauce (250 kcal) L	Grilled Chicken (274 Kcal) G,L
Layered Creamy Potatoes (295 kcal) V,G	Rice (190 kcal) V,Vv,G,L		Pasta (151 kcal) L	Rice with Noodles (195 kcal) V,Vv,L
	Ayran-Yoghurt Drink (57 kcal) V,G			Ayran-Yoghurt Drink (57 kcal) V,G
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Vegetable Patty (195 kcal) V,Vv, L	Haricot Bean (125 kcal) V,Vv,G,L	Vegetable Pizza (174 kcal) v	Zucchini with Cream (120 kcal) V	Baked Vegetable Kebab (180 kcal) V,Vv,G,L
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195 kcal) V,Vv,G,L	Baked Potato (195 kcal) V,Vv,G,L	Baked Potato (195 kcal) V,Vv,G,L	Baked Potato (195 kcal) V,Vv,G,L	Baked Potato (195 kcal) V,Vv,G,L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Mixed Salad (14 kcal) Vv, G, L	Mediterranean Salad (13cal) Vv, G, L	Mixed Salad (14 kcal) Vv, G, L	Mediterranean Salad (13cal) Vv, G, L	Mixed Salad (14 kcal) Vv, G, L
Grated Carrot (42 kcal) Vv,G,L	Grated Carrot (42 cal) Vv,G,L	Grated Carrot (42 kcal) Vv,G,L	Grated Carrot (42 cal) Vv,G,L	Grated Carrot (42 kcal) Vv,G,L
Red Cabbage Salad (45 kcal) V,Vv,G,L	Leek Salad (100 kcal) V,Vv,G,L	Celery Salad (42 kcal) V,Vv,G,L	Noodle Salad (193 kcal) Vv,L	Maushroom Salad (86 kcal) Vv,G, L
Green Bean Salad (43 kcal) V,Vv,G,L	Fried Pepper with Yoghurt- Tarator(60 kcal) V,G	Bulgur Salad - Kısır (335 Kcal) V,Vv,L	Eggplant Salad (126 kcal)	American Salad with Mayonnaise (255 kcal) V,G
Yoghurt (76 kcal) V,G	Yoghurt (76 kcal) V,G	Yoghurt (76 kcal) V,G	Yoghurt (76 kcal) V,G	Yoghurt (76 kcal) V,G
	Pickled Vegetables (32 kcal) V,Vv,G,L			
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Yoghurt with Fruit (115 kcal) V,G	Wheat Biscuit (169 kcal) V,Vv,L	Fruit (70 kcal) V,Vv,G,L	Apple Pie (278 kcal) V,Vv,L	Rice Dessert with Milk (200 kcal) V
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46 kcal) V,G	Fruit (70 kcal) V,Vv,G,L	Egg (80 kcal) V,G,L	Milk (46 kcal) V,G	Milk (46 kcal) V,G
Fruit (70 kcal) V,Vv,G,L	Thin Bread -Lavash (221 kcal) V,Vv,L	Fruit (70 kcal) V,Vv,G,L	Fruit (70 kcal) V,Vv,G,L	Fruit (70 kcal) V,Vv,G,L
Brown Bread (221 kcal) Vv,L	Yogurt Dip (128 kcal) V,G	Thin Bread -Lavash (221 kcal) V,Vv,L	Thin Bread -Lavash (221kcal) V,Vv,L	Thin Bread -Lavash (221 kcal) V,Vv,L
Honey (307 kcal) V,G,L		Honey (307 kcal) V,G,L	Sliced Carrots and Cucumbers (65 kcal) V,Vv,G,L	
			Cream 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

Monday 18 February	Tuesday 19 February	Wednesday 20 February	Thursday 21 February	Friday 22 February
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 kcal) Vv, L	Turkish Style Lentil Soup- Ezogelin Soup (90 kcal) Vv, L	Broccoli Soup (58 kcal) Vv	Mushroom Soup (63 kcal) Vv	Turkish Style Lentil Soup- Ezogelin Soup (90 kcal) Vv, L
Penne Pasta (151 kcal) V,Vv, L	Turkey Schnitzel 345 kcal)	Smoked Eggplant with Meat (347 kcal)	Home Made Burger (235 kcal) L	Grilled Chicken Pieces (125 kcal) G,L
Meat &Tomato Sauce (120 kcal) L, G	Bulgur Wheat (114 kcal) Vv	Mashed Potato (190 kcal) V,Vv,G,L	French Fries (210 kcal) V,Vv,G,L	Rice (190 kcal) V,Vv,G,L
Grated Cheese (75 kcal) G			Ayran-Yoghurt Drink (57 kcal) V,G	Ayran-Yoghurt Drink (57 kcal) V,G
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Penne (151 kcal) V, Vv, L	Lentil Ball (105 kcal) V,Vv,L	Vegetables with Mashed Eggplant (210 kcal) V,Vv,G,L	Vegetable Patty (195 kcal) V,Vv, L	Roasted Mushroom (96 kcal) V,Vv,G,L
Mushroom Sauce (90 kcal) V				
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195 kcal) V,Vv,G,L	Baked Potato (195 kcal) V,Vv,G,L	Baked Potato (195 kcal) V,Vv,G,L	Baked Potato (195 kcal) V,Vv,G,L	Baked Potato (195 kcal) V,Vv,G,L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Mixed Salad (14 kcal) Vv, G, L	Mediterranean Salad (13 kcal) V,Vv,G,L	Mixed Salad (14 kcal) Vv, G, L	Mediterranean Salad (13 kcal) Vv, G, L	Mixed Salad (14 kcal) Vv, G, L
Grated Carrot (42 kcal) Vv,G,L	Grated Carrot (42 kcal) Vv,G,L	Grated Carrot (42 kcal) Vv,G,L	Grated Carrot (42 kcal) Vv,G,L	Grated Carrot (42 kcal) Vv,G,L
Spinach Salad (73 kcal) V,Vv,G,L	Lentil Salad (116 kcal) V,Vv,G,L	Arthichoke Salad (42 kcal) V,Vv,G,L	Noodle Salad (193 kcal) Vv,L	Reddish Shell Bean Salad (150 kcal) V,Vv,G,L
Potato Salad (62 kcal) V	Fried Cauliflower (100 kcal) Vv, G, L	Zucchini with Yoghurt Salad (102 kcal) V,G	Rice-Filled Peppers (96 kcal) V,Vv,G,L	Potato Salad (132 kcal)V,Vv,G,L
Yoghurt (76 kcal) V,G	Yoghurt (76 kcal) V,G	Green Lentil Salad (96 kcal) V,Vv,G,L	Yoghurt (76 kcal) V,G	Yoghurt (76 kcal) V,G
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit (70 kcal) V,Vv,G,L	Milk Pudding with Coconut (240 kcal) V	Fruit (70k kcal) V,Vv,G,L	Wheat Cake (232 kcal) V,Vv,L	Tiramisu (245 kcal) V
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46 kcal) V,G	Milk (46 kcal) V,G	Egg (80 kcal) V,G,L	Milk (46 kcal) V,G	Milk (46 kcal) V,G
Fruit (70 kcal) V,Vv,G,L	Fruit (70 kcal) V,Vv,G,L	Fruit (70 kcal) V,Vv,G,L	Fruit (70 kcal) V,Vv,G,L	Fruit (70 kcal) V,Vv,G,L
Brown Bread (221 kcal) Vv,L	Thin Bread -Lavash (221 kcal) V,Vv,L	Thin Bread -Lavash (221 kcal) V,Vv,L	Thin Bread -Lavash (221 kcal) V,Vv,L	Brown Bread (221 kcal) Vv,L
Honey (307 kcal) V,G,L	Honey (307 kcal) V,G,L	Yogurt Dip (128 kcal) V,G	Yogurt Dip (128 kcal) V,G	Honey (307 kcal) V,G,L
Cream Cheese (210 kcal) V,G	Cream 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 pea)

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 25 February	Tuesday 26 February	Wednesday 27 February	Thursday 28 February	Friday 01 March
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 kcal) Vv, L	Mushroom Soup (63 kcal) Vv	Tomato Soup (80 kcal) V,Vv,L	Broccoli Soup (58 kcal) Vv	Turkish Style Lentil Soup- Ezogelin Soup (90 kcal) Vv, L
Meat & Chickpea Stew (165 kcal) G, L	Grilled Chicken (139 kcal) G,L	Mixed Pizza (260 kcal)	Fried Meatballs with Rice in Egg Batter (380 kcal) L	Eggplants with Chicken (350 kcal) G,L
Rice (190 kcal) V,Vv,G,L	Thin Bread -Lavash (221 kcal) V,Vv,L		Mashed Potato (107 kcal) V,Vv,G,L	Bulgur Pilaf (190 kcal) V,Vv,L
	Ayran-Yoghurt Drink (57 kcal) V,G			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Chickpeas (132 kcal) V,Vv,G,L	Vegetable Kebab (96 kcal) V,Vv,G,L	Pizza with Vegetables (174 kcal) v	Lentil Meatballs (105 kcal) v,v,L	Eggplant with Vegetables (130 kcal) V,Vv,G,L
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195 kcal) V,Vv,G,L	Baked Potato (195 kcal) V,Vv,G,L	Baked Potato (195 kcal) V,Vv,G,L	Baked Potato (195 kcal) V,Vv,G,L	Baked Potato (195 kcal) V,Vv,G,L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Mixed Salad (14 kcal) V,Vv, G, L	Mediterranean Salad (13cal) Vv, G, L	Mixed Salad (14 kcal) V,Vv, G, L	Mediterranean Salad (13cal) Vv,G, L	Mixed Salad (14 kcal) V,Vv, G, L
Grated Carrot (42 kcal) V,Vv,G,L	Grated Carrot (42 kcal) V,Vv,G,L	Grated Carrot (42 kcal) V,Vv,G,L	Grated Carrot (42 kcal) V,Vv,G,L	Grated Carrot (42 kcal) V,Vv,G,L
Okra Salad (73 kcal) Vv,G,L	Eggplant Salad (86 kcal) V,Vv,G,L	Eggplant Salad (86 cal) V,Vv,G,L	Noodle Salad (193 kcal) V,Vv,L	Rice-Filled Peppers (96 kcal) V,Vv,G,L
Pickled Vegetables (32 kcal) Vv,G,L	Cous Cous (110 kcal) V,Vv,L	Bulgur Salad - Kısır (335 Kcal) V,Vv,L	Leek Salad (114 kcal) V,Vv,G,L	Mexican Salad (122 kcal) V,Vv,G,L
Yoghurt (76 kcal) V,G	Yoghurt (76 kcal) V,G	Yoghurt (76 kcal) V,G	Yoghurt (76 kcal) V,G	Yoghurt (76 kcal) V,G
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Yoghurt with Fruit (115 kcal) v,G	Wheat Biscuit (169 kcal) V,Vv,L	Fruit (70 kcal) V,Vv,G,L	Apple Pie (278 kcal) V,Vv	Rice Dessert with Milk (200 kcal) v
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46 kcal) V,G	Milk (46 kcal) V,G	Milk (46 kcal) V,G	Milk (46 kcal) V,G	Milk (46 kcal) V,G
Fruit (70 kcal) V,Vv,G,L	Fruit (70 kcal) V,Vv,G,L	Fruit (70 kcal) V,Vv,G,L	Fruit (70 kcal) V,Vv,G,L	Fruit (70 kcal) V,Vv,G,L
Brown Bread (221 kcal) Vv,L	Thin Bread -Lavash (221 kcal) V,Vv,L	Thin Bread -Lavash (221kcal) V,Vv,L	Sliced Carrots and Cucumbers (65 kcal) V,Vv,G,L	Brown Bread (221 kcal) Vv,L
Honey (307 kcal) V,G,L	Yogurt Dip (128 kcal) V,G	Sliced Carrots and Cucumbers (65 kcal) V,Vv,G,L	Brown Bread (221 kcal) Vv,L	Honey (307 kcal) V,G,L
		Egg (80 kcal) V,G,L		Cream 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,