

LUNCH MENU

Monday 7 January	Tuesday 8 January	Wednesday 9 January	Thursday 10 January	Friday 11 January
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal) Vv, L	Tomato Soup (80cal) V,Vv,L	Turkish Style Lentil Soup- Ezogelin Soup (90cal) Vv, L	Zucchini Soup (70 cal) Vv	Broccoli Soup (58 cal) Vv
Penne Pasta (151 cal) V,Vv, L	Turkey Schnitzel (512 cal) L	Fried Chicken (510 cal)	Grilled Turkish Meatballs (365 cal) L	Meat Lasagne (260)
Grated Cheese (425 cal) G	Bulgur Wheat (114 cal) Vv	Vegetable Rice (175 cal)	Fried Potatoes (210)	
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
Shredded Red Cabbage (45 cal) Vv, G, L	Lentil Salad (116 cal) Vv,G,L	Fried Aubergines (175 cal) Vv,G,L	Haricot Bean Salad (59 cal) Vv,G,L	Noodle Salad (193cal) Vv,L
Okra Salad (43 cal) Vv,G,L	Potato, Pea & Carrot Salad (75 cal) Vv, G, L	Bean Salad (120 Cal) Vv, G, L	Potato Salad (132 cal) Vv,G,L	Rice-Filled Pepper (96 cal)
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	Turkish Style Rice Pudding (223 cal) V	Profiteroles (250 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 14 January	Tuesday 15 January	Wednesday 16 January	Thursday 17 January	Friday 18 January
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 & Meat Stew (172 cal) G,L	Mixed Pizza (260 cal)	Turkish Meatball Stew(250 cal) L	Grilled Chicken (274 Kcal) G,L
Baked Potato with Cream (295 cal) V,G	Rice (190cal) V,Vv,G,L		Pasta (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 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
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 (42 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(60 cal) V,G	Bulgur Salad - Kısır (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 21 January	Tuesday 22 January	Wednesday 23 January	Thursday 24 January	Friday 25 January
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	Smoked Eggplant with Meat (347 cal)	Turkey (165 cal)	Home Made Burger (235 cal) L	Grilled Chicken Pieces (125 cal) G,L
Sliced Cheese (425 cal) G	Bulgur Wheat (114 cal) Vv	Rice (151 cal) V,Vv,L	French Fries (210 cal) V,Vv,G,L	Thin Bread -Lavash (221cal) V,Vv,L
Meat and Tomato Sauce (120 cal) L, G		For Primary Students: Mashed Potato (190 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 (13cal) 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 (41 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	Lentil Salad (116 cal) V,Vv,G,L	Arthichoke Salad (42 cal) V,Vv,G,L	Noodle Salad (193cal) Vv,L	Rice-Filled Peppers (96 cal) V,Vv,G,L
Potato Salad (62 cal) V	Fried Cauliflower (100 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 pea)

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LUNCH MENU

Monday 28 January	Tuesday 29 January	Wednesday 30 January	Thursday 31 January	Friday 01 February
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
Meat & Chickpea Stew (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 Chicken (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	Bulgur Pilaf (190cal) V,Vv,L
	Star Shaped Pasta (151 cal) V,Vv,G,L			
	Ayran-Yoghurt Drink (57 cal) V,G			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Chickpeas (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	Grated Carrot (42 cal) V,Vv,G,L	Grated Carrot (42 cal) V,Vv,G,L	Grated Carrot (42 cal) V,Vv,G,L	Grated Carrot (42 cal) V,Vv,G,L
Okra Salad (73 cal) Vv,G,L	Eggplant Salad (86 cal) V,Vv,G,L	Eggplant Salad (86 cal) V,Vv,G,L	Noodle Salad (193cal) V,Vv,L	Rice-Filled Peppers (96 cal) V,Vv,G,L
Pickled Vegetables (32 cal) Vv,G,L	Mexican Salad (122 cal) V,Vv,G,L	Bulgur Salad - Kısır (335 Kcal) V,Vv,L	Leek Salad (114 cal) V,Vv,G,L	Cous Cous (110 cal) 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	Brown Bread (221cal) Vv,L	Honey (307cal) V,G,L
		Egg (80cal) V,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 pea)

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