

LUNCH MENU

Monday 4 March	Tuesday 5 March	Wednesday 6 March	Thursday 7 March	Friday 8 March
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal) Vv, L	Tomato Soup (80 Kcal)	Broccoli Soup (58 Kcal)	Mushroom Soup (63 Kcal)	Turkish Style Lentil Soup- Ezogelin Soup (90cal) Vv, L
Fish Fingers (193 kcal)	Lasagne (365 Kcal)	Meat & Chickpea Stew (245 Kcal)	Beefburger (135 Kcal)	Chinese Style Chicken (107 cal) L
Creamy Sliced Potato Bake (295 Kcal)		Rice (190 Kcal)	French Fries (210) Vv,G,L	Noodles (384 Kal) Vv,G,L
Sweetcorn (365 Kcal)			Ayran (156 Kcal)	Sweetcorn (76 Kcal)
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Mushroom Flan (295 Kcal)	Vegetable Lasagne (183 Kcal)	Chickpea Stew (95 Kcal)	Vegetable Fritter (145 Kcal)	Vegetables & Noodles (144 Kcal)
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
Lettuce (14 Kcal)	Mixed Salad (14cal) Vv, G, L	Lettuce (14 Kcal)	Mediterranean Salad (13cal) Vv, G, L	Lettuce (14 Kcal)
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
Green Beans in Tomato Sauce (56 Kcal)	Mexican Salad (96 Kcal)	Finely Grated Courgette in Yoghurt Sauce (119 Kcal)	Artichoke Salad (53 Kcal)	Leek Salad (205 Kcal)
Yoghurt (76cal) V,G	Aubergine Salad (125 Kcal)	Chickpea Salad (122 Kcal)	Orzo Salad (193 Kcal)	Couscous with Tomato & Lettuce (Kisir) (335)
	Yoghurt (76cal) V,G	Yoghurt (76cal) V,G	Yoghurt (76cal) V,G	Yoghurt (76cal) V,G
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit Yoghurt (115 Kcal)	Homemade Biscuits (215 Kcal)	Ice Cream (180 Kcal)	Turkish Milk Pudding (125 Kcal)	Cheesecake (321 Kcal)
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 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 11 March	Tuesday 12 March	Wednesday 13 March	Thursday 14 March	Friday 15 March
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal) Vv, L	Tomato Soup (80 Kcal)	Broccoli Soup (58 Kcal)	Mushroom Soup (63 cal) Vv	Turkish Style Lentil Soup- Ezogelin Soup (90cal) Vv, L
Turkish Meat-Filled Dumplings (218 Kcal)	Grilled Chicken (139 Kcal)	Meat & Tomato Pizza (260 cal)	Meatballs with Potatoes & Tomato Sauce (143 cal) L	Chicken Curry (230 Kcal) G,L
Manti Sauce (Yoghurt Sauce) (68 Kcal)	Thin Style Turkish Bread (165 Kcal)		Bulgur (114 Kcal)	Vegetable Rice (175cal)
	Penne Pasta (366 Kcal)			
	Ayran (156 Kcal)			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Vegetarian Turkish Dumplings (195 Kcal) V,Vv, L	Vegetable Kebab (96 Kcal) V,Vv,G,L	Pizza with Vegetables (174 cal) v	Falafel (310 Kcal) V	Spicy Manti (120 Kcal) V
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Baked Potato (195Kcal) V,Vv,G,L	Baked Potato (195Kcal) V,Vv,G,L	Baked Potato (195Kcal) V,Vv,G,L	Baked Potato (195Kcal) V,Vv,G,L	Baked Potato (195Kcal) V,Vv,G,L
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Lettuce (14 Kcal) V, Vv, GF	Mediterranean Salad (13cal) Vv, G, L	Lettuce (14 Kcal) V, Vv, GF	Mediterranean Salad (13cal) Vv, G, L	Lettuce (14 Kcal) V, Vv, GF
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 (42 Kcal)	Courgette & Yoghurt Salad (102 Kcal)	Orzo Salad (193 Kcal)	Aubergine Salad (175 Kcal)	Tomato Cous Cous with Lettuce (Kisir) (335 Kcal)
Cauliflower Salad (95 Kcal)	Green lentil Salad (137 Kcal)	Hummous (272 Kcal)	Pepper & Yoghurt salad (60 kcal)	Rice-Filled Peppers (180 Kcal)
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	Muffin (265 Kcal)	Apple Pie (278 Kcal)	Turkish Style Rice Pudding (107 Kcal)	Tiramisu (210 Kcal)
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 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 18 March	Tuesday 19 March	Wednesday 20 March	Thursday 21 March	Friday 22 march
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal) Vv, L	Tomato Soup (80 Kcal)	Mushroom Soup (63 Kcal)	Broccoli Soup (58 Kcal)	Turkish Style Lentil Soup- Ezogelin Soup (90cal) Vv, L
Fish Fingers (193 Kcal)	Turkish Meat & Bean Stew (165 Kcal)	Chicken Schnitzel (320 Kcal)	Lasagne (365 Kcal)	Grilled Turkish Meatballs (167 kcal)
Sliced Creamy Potato Bake (365 Kcal)	Rice (190cal) V,Vv,G,L	Roasted Potatoes (107 Kcal)		Mashed Potatoes (167 Kcal)
Sweetcorn (365 kcal)	Ayran (156 kcal)			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Baked Mushroom Flan (295 Kcal)	Bean Stew (98 Kcal)	Baked Courgette Gratin (99 kcal)	Vegetable Lasagne (183 Kcal)	Baked Vegetable Kebab (180 kcal)
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
Lettuce (14 Kcal) V, Vv, GF	Mediterranean Salad (13cal) V,Vv,G,L	Lettuce (14 Kcal) V, Vv, GF	Mediterranean Salad (13cal) V,Vv,G,L	Lettuce (14 Kcal) V, Vv, GF
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
Okra in Tomato Sauce (43 Kcal)	Mexican Salad (96 Kcal)	Arthichoke Salad (73 cal) V,Vv,G,L	Courgette & Yoghurt Salad (119 kcal)	Couccous with Tomato & Lettuce
Potato Salad (115 Kcal)	Aubergine Salad (125 Kcal)	Orzo Salad (193 Kcal)	Orzo Salad (193 Kcal)	Beans in tomato Sauce (124 Kcal)
Yoghurt (76cal) V,G	Yoghurt (76cal) V,G	Yoghurt (76 Kcal)	Yoghurt (76cal) V,G	Yoghurt (76cal) V,G
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit Yoghurt (115 Kcal)	Homemade Biscuits (215 Kcal)	Icecream (180 Kcal)	Creamy Milk Pudding (155 kcal)	Profiterol (270 Kcal)
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)				
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LUNCH MENU

Monday 25 March	Tuesday 26 March	Wednesday 27 March	Thursday 28 March	Friday 29 March
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal) Vv, L	Tomato Soup (80cal) V,Vv,L	Broccoli Soup (58 Kcal)	Mushroom Soup (63 Kcal)	Turkish Style Lentil Soup- Ezogelin Soup (90cal) Vv, L
Turkish Meat-Filled Dumplings (218 Kcal)	Chicken Curry (230 Kcal)	Meat & Tomato Pizza (260 cal)	Fried Meatballs with Rice in Egg Batter (253 Kcal)	Grilled Chicken Pieces (139 Kcal)
Manti Sauce (Yoghurt) (68 Kcal)	Vegetable Rice (175 Kcal)		Mashed Potato (189 Kcal)	Thin Turkish Bread (Lavash) (165 Kcal)
				Penne Pasta (366 Kcal)
				Ayran (156 Kcal)
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Potato-Filled Turkish Dumplings (195 Kcal)	Mushroom Curry (120 Kcal)	Vegetable Pizza (174 Kcal)	Falafel (310 Kcal)	Vegetable Kebab (96 Kcal)
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
Lettuce (14 kcal) V, Vv, GF	Mediterranean Salad (13cal) Vv, G, L	Mixed Salad (14cal) Vv, G, L	Mediterranean Salad (13cal) Vv,G, L	Mixed Salad (14cal) Vv, G, L
Grated Carrot (42 Kcal) 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
Spinach salad (42 Kcal)	Green Lentil Salad 137 Kcal)	Orzo Salad (193 Kcal)	Aubergine Salad (195 Kcal)	Rice Filled Peppers (180 Kcal)
Cauliflower Salad (95 Kcal)	Courgette Salad (102 kcal)	Hummous (272 Kcal)	Cooked Peppers with Yoghurt (60 Kcal)	Cous Cous with Tomato & Lettuce (335 Kcal)
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
	Muffin (265 Kcal)	Apple Pie (278 Kcal)	Turkish-Style Rice Pudding (133 Kcal)	Turkish Sponge Cake with Syrup (315 kcal)
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 peas)

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