



LUNCH MENU

Monday 29 April	Tuesday 30 April	Public Holiday - School Closed	Thursday 2 May	Friday 3 May
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal) Vv, L	Tomato Soup (80 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)		Pizza with Vegetable Topping (174 Kcal)	Smoked Aubergine with Meat (174 Kcal)
Manti Sauce (Yoghurt Sauce) (68 Kcal)	Thin Style Turkish Bread (Lavash) (165 Kcal)			Mashed Potato (189 Kcal)
	Penne Pasta (366 Kcal)			
	Ayran (156 Kcal)			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Potato Filled Turkish Dumplings (195 Kcal) V,Vv, L	Roasted Vegetable Kebab (96 Kcal) V,Vv,G,L		Pizza with Vegetable Topping (174 Kcal)	Roasted Vegetables (126 Kcal)
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
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Lettuce (14 Kcal) V, Vv, GF	Mediterranean Salad (13cal) Vv, G, L		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
Spinach Salad (42 Kcal)	Courgette & Yoghurt Salad (102 Kcal)		Orzo Salad (193 Kcal)	Tomato Cous Cous with Lettuce (Kisir) (335 Kcal)
Cauliflower Salad (95 Kcal)	Green Lentil Salad (137 Kcal)		Hummous (272 Kcal)	Rice-Filled Peppers (180 Kcal)
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)	Muffin (265 Kcal)		Fresh Fruit (70 cal) Vv,G,L	Tiramasu (210 kcal)
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal) V,G	Fruit (70 cal) V,Vv,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
Brown Bread (221cal) Vv,L	Yogurt Dip (128cal) V,G		Thin Bread -Lavash (221cal) V,Vv,L	Thin Bread -Lavash (221cal) V,Vv,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 6 May	Tuesday 7 May	Wednesday 8 May	Thursday 9 May	Friday 10 May
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)	Homemade Beef Burger (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 (76 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)
Red Cabbage Salad (54 Kcal)	Aubergine Salad (125 Kcal)	Chickpea Salad (122 Kcal)	Orzo Salad (193 Kcal)	Bulgur with Tomato & Lettuce (Kisir) (335)
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 Yoghurt (115 Kcal)	Fresh Fruit (70 cal) Vv,G,L	Fruit Cake (229 Kcal)	Fresh Fruit (70 cal) Vv,G,L	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 Yoghurt (115 Kcal)	Fruit (70 cal) Vv,G,L	Fruit Cake (229 Kcal)	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 13 May	Tuesday 14 May	Wednesday 15 May	Thursday 16 May	Friday 17 May
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 (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)	Roasted Vegetable Kebabs (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	Mediterranean Salad (13cal) Vv,G, L	Mixed Salad (14cal) 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)	Aubergine Salad (195 Kcal)	Orzo Salad (193 Kcal)	Rice Filled Peppers (180 Kcal)
Cauliflower Salad (95 Kcal)	Courgette Salad (102 kcal)	Cooked Peppers with Yoghurt (60 Kcal)	Hummous (272 Kcal)	Bulgur 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
Fruit Yoghurt (115 Kcal)	Fresh Fruit (70 cal) Vv,G,L	Turkish Rice Pudding (133 Kcal)	Fresh Fruit (70 cal) Vv,G,L	Apple Pie (278 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.				
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LUNCH MENU

Monday 20 May	Tuesday 21 May	Wednesday 22 May	Thursday 23 May	Friday 24 May
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)
Potato Gratin (365 Kcal)	Rice (190cal) V,Vv,G,L	Roasted Potatoes (107 Kcal)		Mashed Potatoes (167 Kcal)
Sweetcorn (76 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)	Bulgur with Tomato & Lettuce
Potato Salad (115 Kcal)	Aubergine Salad (125 Kcal)	Orzo Salad (193 Kcal)	Bean 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)	Fresh Fruit (70 cal) Vv,G,L	Homemade Biscuits (215 kcal)	Fresh Fruit (70 cal) Vv,G,L	Profiterols (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.

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LUNCH MENU

Monday 27 May	Tuesday 28 May	Wednesday 29 May	Graduation Day	Friday 31 May
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55cal) Vv, L	Tomato Soup (80 Kcal)	Broccoli Soup (58 Kcal)		Turkish Style Lentil Soup- Ezogelin Soup (90cal) Vv, L
Turkish Meat-Filled Dumplings (218 Kcal)	Chicken Curry (230 Kcal)	Pizza with Vegetable Topping (174 Kcal)		Grilled Chicken (139 kcal)
Manti Sauce (Yoghurt Sauce) (68 Kcal)	Rice with Vegetables (175 Kcal)			Thin Style Turkish Bread (165 Kcal)
				Penne Pasta (366 Kcal)
				Ayran (156 Kcal)
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Potato Filled Turkish Dumplings (195 Kcal) V,Vv, L	Roasted Vegetable Kebab (96 Kcal) V,Vv,G,L	Pizza with Vegetable Topping (174 Kcal)		Roasted Vegetable Kebabs (96 Kcal)
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
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Lettuce (14 Kcal) V, Vv, GF	Mediterranean Salad (13cal) Vv, G, L	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
Spinach Salad (42 Kcal)	Courgette & Yoghurt Salad (102 Kcal)	Aubergine Salad (175 Kcal)		Bulgur with Lettuce & Tomato (Kisir) (335 Kcal)
Cauliflower Salad (95 Kcal)	Green Lentil Salad (137 Kcal)	Roasted Peppers in Yoghurt (60 Kcal)		Rice-Filled Peppers (180 Kcal)
Yoghurt (76cal) V,G	Yoghurt (76cal) V,G	Yoghurt (76 kcal)		Yoghurt (76cal) V,G
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit Yoghurt (115 Kcal)	Fresh Fruit (70 cal) Vv,G,L	Muffin (275 Kcal)		Turkish Syrup Sponge Cake (315 Kcal)
PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
Milk (46cal) V,G	Milk (46cal) V,G	Egg (80cal) V,G,L		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
Brown Bread (221cal) 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		Honey (307cal) V,G,L
Cream Cheese (210cal) V,G	Cream Cheese (210cal) V,G			

FRUIT Served to all students during morning and afternoon break times.

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