



LUNCH MENU

| 6 JANUARY 2025 | 7 JANUARY 2025 | 8 JANUARY 2025 | 9 JANUARY 2025 | 10 JANUARY 2025 |
|---|--|---|--|--|
| MAIN DISHES | MAIN DISHES | MAIN DISHES | MAIN DISHES | MAIN DISHES |
| Lentil Soup (45 kcal) V | Mushroom Soup (91 kcal) V | Ezogelin Soup (45 kcal) L, Vv | Orzo Soup (45 kcal) V | Minestrone Soup (80 kcal) V |
| Fusili Basilico (152 kcal) V | Meat Fajita (150 kcal) G, L | Cheakpeas with meat (158 kcal) G, L | Meatball with Tomato Sauce (66 kcal) V | Soy Sauce Chicken (207 kcal) G, L |
| | Mashed Potatoes (88 kcal) V, G | Rice (175 kcal) G, Vv, L | Bulgur Wheat (149 kcal) Vv, L | Asian Style Rice (131 kcal) G, Vv, L |
| VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN |
| Fusili Basilico (152 kcal) V | Grilled Vegetables (104 kcal) Vv, L, G | Cheakpeas (161 kcal) Vv, G, L | Vegetable stew kcal (90 kcal) | Mushrooms with Soy Sauce (53 kcal) V, L |
| OPTION 2 | OPTION 2 | OPTION 2 | OPTION 2 | OPTION 2 |
| Baked potato (195 kcal) | Baked potato (195 kcal) | Baked potato (195 kcal) | Baked potato (195 kcal) | Baked potato (195 kcal) |
| SALAD BAR | SALAD BAR | SALAD BAR | SALAD BAR | SALAD BAR |
| Lettuce Salad (14 kcal) Vv, G, L | Lettuce (17 kcal) Vv, G, L | Lettuce Salad (14 kcal) Vv, G, L | Lettuce Salad (14 kcal) Vv, G, L | Chopped Cucumber Tomato Salad (28 kcal) Vv, G, L |
| Carrot (10 kcal) Vv, G, L | Carrot (10 kcal) Vv, G, L | Carrot (10 kcal) Vv, G, L | Carrot (10 kcal) Vv, G, L | Arugula (25 kcal) Vv, L, G |
| Arugula (25 kcal) Vv, L, G | Barley Noodle Salad (151 kcal) Vv, L | Yogurt Chopped Cucumbers (128 kcal) Vv, G | Fried Cauliflower (120 kcal) | Special Turkish Tapas(72 kcal) Vv, V, L, G |
| Tuna Fish (120 kcal) Vv, G, L | Yogurt (76 kcal) G, V | Artichoke with Olive Oil (74 kcal) Vv, G, L | Yogurt (76 kcal) G, V | Yogurt (76 kcal) G, V |
| Cauliflower with Olive Oil (49 kcal) Vv, G, L | | Yogurt (76 kcal) G, V | | |
| Yogurt (76 kcal) G, V | | | | |
| SWEET | SWEET | SWEET | SWEET | SWEET |
| Fruit (70 kcal) Vv, G, L | Ovened Rice Pudding (132 kcal) V, G | Apple Pie (340 kcal) V | Fruit (70 kcal) Vv, G, L | Cheesecake (321 kcal) V |
| KINDERGARTEN | KINDERGARTEN | KINDERGARTEN | KINDERGARTEN | KINDERGARTEN |
| Milk (46 kcal) V, G | Milk (46 kcal) V, G | Milk (46 kcal) V, G | Milk (46 kcal) V, G | Boiled Egg (46 kcal) V, 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 | Fruit (70 kcal) Vv, G, L |
| Whole Wheat Bread (221 kcal) Vv, L | Lavash (157 kcal) Vv, L | Whole Wheat Bread (221 kcal) Vv, L | Breadcrumbs (98 kcal) Vv, L | Sliced Carrot Cucumber (157 kcal) Vv, G, L |
| Honey (307 kcal) V, G, L | Yogurt Sauce (36 kcal) V, G | Honey (307 kcal) V, G, L | Yogurt Sauce (36 kcal) V, G | Whole Wheat Bread (221 kcal) Vv, L |
| Labneh Cheese (210 kcal) V, G | | Labneh Cheese (210 kcal) V, G | | |

***Calorie values in the menu are stated per 100 grams.

FRUIT TIME...Fruit is served to all students in the morning and afternoon.

For PRE-SCHOOL, RECEPTION and 1st GRADE students, one of the vegetables such as corn, peas, broccoli and carrots will be served hot every day.

Meanings of the letters, V: Vegetarian, Vv: Vegan, G: Gluten-free, L: Lactose-free

LUNCH MENU

| 13 JANUARY 2025 | 14 JANUARY 2025 | 15 JANUARY 2025 | 16 JANUARY 2025 | 17 JANUARY 2025 |
|---|--|--|--------------------------------------|--|
| MAIN DISHES | MAIN DISHES | MAIN DISHES | MAIN DISHES | MAIN DISHES |
| Lentil Soup (55 kcal) L, Vv | Tomato Soup (80 kcal) Vv, L | Noodle Soup (91 kcal) V | Ezogelin Soup (45 kcal) L, Vv | Broccoli Soup (58 kcal) V |
| Mac and Cheese (164 kcal) V | Potato with Minced Meat (214 kcal) L, G | Peas Cassarole with Meat (79 kcal) G, L | Chicken Schnitzel (272 kcal) L | Meat Doner Sandwich (123 kcal) L |
| | Bulgur Wheat (149 kcal) Vv, L | Rice (175 kcal) G, Vv, L | Pasta with Tomatoes (152 kcal) V | French Fries (312 kcal) Vv, G, L |
| | | | | Yogurt Drink (156 kcal) V, G |
| VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN |
| Mac and Cheese (164 kcal) V | Potato Minced Meat with Vegetables (174 kcal) L, G | Peas (66 kcal) Vv, G, L | Lentil Meatballs (130 kcal) Vv, L, G | Zucchini Hash Browns (63 kcal) V |
| OPTION 2 | OPTION 2 | OPTION 2 | OPTION 2 | OPTION 2 |
| Baked potato (195 kcal) | Baked potato (195 kcal) | Baked potato (195 kcal) | Baked potato (195 kcal) | Baked potato (195 kcal) |
| SALAD BAR | SALAD BAR | SALAD BAR | SALAD BAR | SALAD BAR |
| Lettuce Salad (14 kcal) Vv, G, L | Lettuce (17 kcal) Vv, G, L | Lettuce Salad (14 kcal) Vv, G, L | Lettuce Salad (14 kcal) Vv, G, L | Lettuce (17 kcal) Vv, G, L |
| Carrot (10 kcal) Vv, G, L | Carrot (10 kcal) Vv, G, L | Carrot (10 kcal) Vv, G, L | Carrot (10 kcal) Vv, G, L | Carrot (10 kcal) Vv, G, L |
| Arugula (25 kcal) Vv, L, G | Red Cabbage (31 kcal) Vv, G, L | Babaghanoush Salad (74 kcal) Vv, G, L | Baked Zucchini (30 kcal) Vv, G, L | Sliced Pickles, Sliced Tomatoes (18 kcal) Vv, G, L |
| Cauliflower with Olive Oil (49 kcal) Vv, G, L | Chickpeas Salad (122 kcal) Vv, G, L | Yogurt (76 kcal) G, V | Yogurt (76 kcal) G, V | Yogurt (76 kcal) G, V |
| Yogurt (76 kcal) G, V | Yogurt (76 kcal) G, V | | | |
| SWEET | SWEET | SWEET | SWEET | SWEET |
| Fruit (70 kcal) Vv, G, L | Chocolate Pudding (122 kcal) V, G | Fruit Cake (229 kcal) V | Fruit (70 kcal) Vv, G, L | Dough with Syrup (167 kcal) V |
| KINDERGARTEN | KINDERGARTEN | KINDERGARTEN | KINDERGARTEN | KINDERGARTEN |
| Milk (46 kcal) V, G | Milk (46 kcal) V, G | Egg (46 kcal) V, G, L | 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 |
| Whole Wheat Bread (221 kcal) Vv, L | Lavash (157 kcal) Vv, L | Sliced Carrot Cucumber (157 kcal) Vv, G, L | Whole Wheat Bread (221 kcal) Vv, L | Breadcrumbs (98 kcal) Vv, L |
| Honey (307 kcal) V, G, L | Yogurt Sauce (36 kcal) V, G | Whole Wheat Bread (221 kcal) Vv, L | Honey (307 kcal) V, G, L | Yogurt Sauce (36 kcal) V, G |
| Labneh Cheese (210 kcal) V, G | | | Labneh Cheese (210 kcal) V, G | |

***Calorie values in the menu are stated per 100 grams.

FRUIT TIME...Fruit is served to all students in the morning and afternoon.

For PRE-SCHOOL, RECEPTION and 1st GRADE students, one of the vegetables such as corn, peas, broccoli and carrots will be served hot every day.

Meanings of the letters, V: Vegetarian, Vv: Vegan, G: Gluten-free, L: Lactose-free

LUNCH MENU

| 20 JANUARY 2025 | 21 JANUARY 2025 | 22 JANUARY 2025 | 23 JANUARY 2025 | 24 JANUARY 2025 |
|--|---|---|---|--|
| MAIN DISHES | MAIN DISHES | MAIN DISHES | MAIN DISHES | MAIN DISHES |
| Lentil Soup (55 kcal) L, Vv | Tomato Soup (80 kcal) Vv, L | Noodle Soup (91 kcal) Vv, L | Ezogelin Soup (45 kcal) V | Mushroom Soup (91 kcal) V |
| Spaghetti Bolognese (160 kcal) | Sautéed Turkey (225 kcal) G | Zucchini gratin with minced meat (399 kcal) | Rosto (146 kcal) G, L | Bean Cassarole with Meat (79 kcal) G, L |
| | Bulghur Wheat (149 kcal) Vv, L | Noodles (175 kcal) Vv, L | Mashed Potatoes (88 kcal) V, G | Rice (175 kcal) G, Vv, L |
| VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN |
| Spaghetti with Tomato Sauce (228 kcal) V | Sauteed mixed vegetables (87 kcal) Vv, L, G | Zucchini Gratin (172 kcal) G | Meat balls with Vegetables (48 kcal) Vv, L, G | Beans Cassarole (97 kcal) Vv, G, L |
| OPTION 2 | OPTION 2 | OPTION 2 | OPTION 2 | OPTION 2 |
| Baked potato (195 kcal) | Baked potato (195 kcal) | Baked potato (195 kcal) | Baked potato (195 kcal) | Baked potato (195 kcal) |
| SALAD BAR | SALAD BAR | SALAD BAR | SALAD BAR | SALAD BAR |
| Lettuce Salad (14 kcal) Vv, G, L | Lettuce (17 kcal) Vv, G, L | Lettuce Salad (14 kcal) Vv, G, L | Lettuce Salad (14 kcal) Vv, G, L | Lettuce (17 kcal) Vv, G, L |
| Carrot (10 kcal) Vv, G, L | Carrot (10 kcal) Vv, G, L | Carrot (10 kcal) Vv, G, L | Carrot (10 kcal) Vv, G, L | Carrot (10 kcal) Vv, G, L |
| Arugula (25 kcal) Vv, L, G | Red beans with olive oil (90 kcal) Vv, G, L | Sliced Pickles (54 kcal) Vv, G, L | Lentil Salad (74 kcal) | Red Cabbage with Yogurt (31 kcal) Vv, G, L |
| Okra with Olive Oil (43 kcal) Vv, L, G, | Yogurt (76 kcal) G, V | Stuffed Eggplant (90 kcal) Vv, G, L | Yogurt (76 kcal) G, V | Yogurt with cucumber(128 kcal) G,V |
| Yogurt (76 kcal) G, V | | Yogurt (76 kcal) G, V | | Pickles (9 kcal) |
| SWEET | SWEET | SWEET | SWEET | SWEET |
| Fruit (70 kcal) Vv, G, L | Mastic-flavored pudding (185 kcal) V, G | Trilece (250 kcal) V | Fruit (70 kcal) Vv, G, L | Profiterole (238 kcal) V |
| KINDERGARTEN | KINDERGARTEN | KINDERGARTEN | KINDERGARTEN | KINDERGARTEN |
| 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 | Whole Wheat Bread (221 kcal) Vv, L | Whole Wheat Bread (221 kcal) Vv, L |
| Whole Wheat Bread (221 kcal) Vv, L | Lavash (157 kcal) Vv, L | Sliced Carrot Cucumber (157 kcal) Vv, G, L | Honey (307 kcal) V, G, L | Honey (307 kcal) V, G, L |
| Honey (307 kcal) V, G, L | Yogurt Sauce (36 kcal) V, G | Whole Wheat Bread (221 kcal) Vv, L | Labneh Cheese (210 kcal) V, G | Labneh Cheese (210 kcal) V, G |
| Labneh Cheese (210 kcal) V, G | | | | |

***Calorie values in the menu are stated per 100 grams.

FRUIT TIME...Fruit is served to all students in the morning and afternoon.

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LUNCH MENU

| 27 JANUARY 2025 | 28 JANUARY 2025 | 29 JANUARY 2025 | 30 JANUARY 2025 | 31 JANUARY 2025 |
|--|------------------------------------|--|---|---------------------------------------|
| MAIN DISHES | MAIN DISHES | MAIN DISHES | MAIN DISHES | MAIN DISHES |
| Lentil Soup (45 kcal) L, Vv | Vegetable Soup (115 kcal) Vv, G, L | Tomato Soup (66 kcal) V, G | Yogurt Soup with Rice (88 kcal) V | Ezogelin Soup (45 kcal) V |
| Chicken Doner (309 kcal) | Lentil with meat (256 kcal) G, L | Tandoori Turkey (188 kcal) G, L, V | Pizza Margarita (266 kcal) V | Meat Fajita (150 kcal) G, L |
| Rice (175 kcal) G, Vv, L | Pasta with cheese (164 kcal) V | Mashed Potatoes (88 kcal) V, L | | Rice with vegetables (175 kcal) V, G |
| Yogurt Drink (80 kcal) V, G | | | | Lavash (185 kcal) |
| VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN |
| Grilled Vegetables (104 kcal) Vv, L, G | Green Lentil (116 kcal) | Zucchini Gratin (172 kcal) G | Pizza Margarita (266 kcal) V | Grilled Vegetables (58 kcal) Vv, L, G |
| OPTION 2 | OPTION 2 | OPTION 2 | OPTION 8 | OPTION 2 |
| Baked potato (195 kcal) | Baked potato (195 kcal) | Baked potato (195 kcal) | Baked potato (195 kcal) | Baked potato (195 kcal) |
| SALAD BAR | SALAD BAR | SALAD BAR | SALAD BAR | SALAD BAR |
| Lettuce Salad (14 kcal) Vv, G, L | Lettuce (17 kcal) Vv, G, L | Chopped Cucumber And Tomato Salad (28 kcal) Vv, G, L | Lettuce Salad (14 kcal) Vv, G, L | Lettuce (17 kcal) Vv, G, L |
| Carrot (10 kcal) Vv, G, L | Carrot (10 kcal) Vv, G, L | Arugula (25 kcal) Vv, L, G | Carrot (10 kcal) Vv, G, L | Carrot (10 kcal) Vv, G, L |
| Arugula (25 kcal) Vv, G, L | Yogurt (76 kcal) G, V | Mexican Salad (142 kcal) | Sweet corn (25 kcal) Vv, G, L | Red Cabbage (31 kcal) Vv, L |
| Cauliflower with Sauce I (100 kcal) Vv, G, L | Baked potato (195 kcal) | Yogurt (76 kcal) G, V | Zucchini with Olive Oil and Dill (70 kcal) Vv, G, L | Shakshuka (61 kcal) Vv, G, L |
| Yogurt (76 kcal) G, V | Carrot Tarator (113 kcal) | | Yogurt (76 kcal) G, V | Yogurt (76 kcal) G, V |
| SWEET | SWEET | SWEET | SWEET | SWEET |
| Fruit (70 kcal) Vv, G, L | Supangle (122 kcal) | Apple Crumble (340 kcal) V, L | Fruit (70 kcal) Vv, G, L | Tiramisu (223 kcal) |
| KINDERGARTEN | KINDERGARTEN | KINDERGARTEN | KINDERGARTEN | KINDERGARTEN |
| Milk (46 kcal) V, G | Milk (46 kcal) V, G | Egg (46 kcal) V, G, L | 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 |
| Whole Wheat Bread (221 kcal) Vv, L | Lavash (157 kcal) Vv, L | Sliced Carrot Cucumber (157 kcal) Vv, G, L | Crackers (98 kcal) Vv, L | Whole Wheat Bread (221 kcal) Vv, L |
| Honey (307 kcal) V, G, L | Yogurt Sauce (36 kcal) V, G | Whole Wheat Bread (221 kcal) Vv, L | Yogurt Sauce (36 kcal) V, G | Honey (307 kcal) V, G, L |
| Labneh Cheese (210 kcal) V, G | | | Yogurt Drink (80 kcal) V, G | Labneh Cheese (210 kcal) V, G |

***Calorie values in the menu are stated per 100 grams.

FRUIT TIME...Fruit is served to all students in the morning and afternoon.

For PRE-SCHOOL, RECEPTION and 1st GRADE students, one of the vegetables such as corn, peas, broccoli and carrots will be served hot every day.

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