

LUNCH MENU

14 APRIL , 2025	15 APRIL , 2025	16 APRIL , 2025	17 APRIL , 2025	18 APRIL , 2025
MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES
Lentil Soup (125 kcal) V, Vv, L	Mushroom Soup (125 kcal) V	Tomato Soup with Crutons (125 kcal) V, L	Red Lentil Soup (125 kcal) V, Vv, L	Yogurt Soup (125 kcal) V
Chicken Doner (309 kcal)/Potato Wedges (300 kcal) G, L	Beef and Chickpea Casserole (200 kcal) G, L	Swedish- Style Meatballs with diced Potatoes (250 kcal)	Green Beans Casserole with Beef (200 kcal) G, L	Sauteed Beef with Mushrooms (200 kcal) G, L
Yogurt Drink (100 kcal) V, G	Rice (200 kcal) V, Vv, G, L	Pasta with Tomato Sauce (200 kcal) V, L	Noodle with Cheese (200 kcal) V	Bulgur Wheat Pilaf (149 kcal) V, Vv, L
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Roasted Vegetables (150 kcal) V, Vv, G, L	Peas (150 kcal) Vv, G, L	Ratatouille (150 kcal) V, Vv, G, L	Green Peas (150 kcal) V, Vv, G, L	Sauteed Mushrooms (150 kcal) V, Vv, G, L
OPTION 2	OPTION 2	OPTION 2	OPTION 2	OPTION 2
Baked Potato (250 kcal) V	Baked Potato (250 kcal) V	Baked Potato (250 kcal) V	Baked Potato (250 kcal) V	Baked Potato (250 kcal) V
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Cauliflower with Mustard - Yogurt Sauce ((75 kcal) V,G,L	Celery with mixed vegetables and Olive Oil (100 kcal) V, Vv, G, L	Zucchini Fritters (75 kcal) V	Turkish Bulgur Salad (100 kcal) V, Vv, L	Jerusalem Artichokes in Olive Oil (100 kcal) V, Vv, G, L
Grated Carrot (25 kcal) V, Vv, G, L	Grated Carrot (25 kcal) V, Vv, G, L	Cowpea Salad (100 kcal) V, Vv, G, L	Grated Carrot (25 kcal) V, Vv, G, L	Roasted Red Peppers with Yogurt (75 kcal) V, G
Lettuce (10 kcal) V, Vv, G, L	Mixed Pickles (54 kcal) Vv, G, L	Grated Carrot (25 kcal) V, Vv, G, L	Lettuce (10 kcal) V, Vv, G, L	Mixed Salad with Corn (50 kcal) V, Vv, G, L
Legum Salad (125 kcal) V, Vv, G, L	Lettuce (10 kcal) V, Vv, G, L	Red Cabbage (25 kcal) V, Vv, G, L	Eggplant Salad (75 kcal) V, G	Carrot Tarator (75 kcal) V, G
Yogurt (125 kcal) V, G	Yogurt and Cucumber Dip (128 kcal) V, G	Yogurt (125 kcal) V, G	Yogurt (125 kcal) V, G	Yogurt (125 kcal) V, G
SWEET	SWEET	SWEET	SWEET	SWEET
Fruit (70 kcal) V, Vv, G, L	Pudding (300 kcal) V,G	Apple Pie (300 kcal) V,L	Fruit (70 kcal) V, Vv, G, L	Cheesecake (300 kcal) V
KINDERGARTEN	KINDERGARTEN	KINDERGARTEN	KINDERGARTEN	KINDERGARTEN
Milk (125 kcal) V, G, L	Milk (125 kcal) V, G, L	Milk (125 kcal) V, G, L	Milk (125 kcal) V, G, L	Milk (125 kcal) V, G, L
Cream Cheese (70 kcal) V, G, L	Boiled Egg (70 kcal) V, G, L	Cream Cheese (70 kcal) V, G	Yogurt Sauce (125 kcal) V, G	Boiled Egg (70 kcal) V, G, L
Honey (50 kcal) V, G, L	Black Olive /Green Olive (50 kcal) V, Vv, G, L	Black Olive /Green Olive (50 kcal) V, Vv, G, L	Lavash (100 kcal) V	Twist Cheese (70 kcal) V, G
Carrot Slice (25 kcal) V, Vv, G, L	Whole Wheat Bread (70 kcal) V	Cherry Tomatoes (15 kcal) V, Vv, G, L	Fruit (70 kcal) V, Vv, G, L	Cucumber / Carrot Slice (10/25 kcal) V, Vv, G, L
Jam Filled Brioche (100 kcal) V	Fruit (70 kcal) V, Vv, G, L	Simit Sesame- Free (100 kcal) V		Whole Wheat Bread (70 kcal) V

FRUIT TIME....Fruit is served to all students twice aday (in the morning and afternoon.)

Hot Corn, Peas Brocoli and Carrots are served alternately everyday to Pre School, Reception and 1st Year Students.

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

The Calorie values of the food are calculated based on average portion.



LUNCH MENU

21 APRIL , 2025	22 APRIL , 2025	23 APRIL , 2025	24 APRIL , 2025	25 APRIL , 2025
MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES
Tomato Soup withb Croutons (125 kcal) V, L	Creamy Lentil Soup (125 kcal) V, Vv, L		Minestrone Soup (125 kcal) V, Vv, L	Yogurt Soup (125 kcal) V
Beef Doner Kebab with rice and Fries (300 kcal) G, L	Lasagna Bolognese (250 kcal)		Chicken Schnitzel (200 kcal) L	Roasted Meatball / Mashed Potatoes (250 kcal) L
Fruit (70 kcal) V, Vv, G, L	Sauteed Vegetables (100 kcal) V, Vv, G, L		Bulghur Wheat Pilaf (149 kcal) V, Vv, L	Noodles with Vegetables (200 kcal) V, L
Yogurt Drink (100 kcal) V, G				
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Zucchini Fritters (75 kcal) V	Lasagna with Sauteed Vegetables (200 kcal) V		Lentil Balls (200 kcal) V, Vv, L	Sauteed Mushrooms (150 kcal) V, Vv,G, L,
OPTION 2	OPTION 2	OPTION 2	OPTION 2	OPTION 2
Baked Potato (250 kcal) V	Baked Potato (250 kcal) V		Baked Potato (250 kcal) V	Baked Potato (250 kcal) V
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Green Beans with Olive Oil (75 kcal) V, Vv, G, L.	Borlotti Beans in Olive Oil /100 kcal) V, Vv, G, L.		Olive Oil Braised Celery Root with Orange (100 kcal) V, Vv, G, L	Broccoli in Olive Oil (75 kcal) V, Vv, G, L.
Grated Carrot (25 kcal) V, Vv, G, L	Grated Carrot (25 kcal) V, Vv, G, L		Grated Carrot (25 kcal) V, Vv, G, L	Grated Carrot (25 kcal) V, Vv, G, L
Iceberg Lettuce Slad with Corn (50 kcal) V, Vv, G, L.	Iceberg Lettuce Salad with Tuna (100 kcal) G, L		Lettuce Salad (10 kcal) V, Vv, G, L	Baba Ghanoush (75 kcal) V, Vv, G, L
Wheat Salad (100 kcal) V, Vv,L.	Red Beet Salad ı (75 kcal) V, Vv, G, L.		Potato Salad ı (100 kcal) V, Vv, G , L	Lettuce- Arugula Salad (10 kcal) V, Vv, G, L.
Yogurt (125 kcal) V, G	Yogurt (125 kcal) V, G		Yogurt (125 kcal) V, G	Yogurt (125 kcal) V, G
SWEET	SWEET	SWEET	SWEET	SWEET
Fruit (70 kcal) V, Vv, G, L	Ice Cream (250 kcal) V		Fruit (70 kcal) V, Vv, G, L	Tiramusi (300 kcal) V
KINDERGARTEN	KINDERGARTEN	KINDERGARTEN	KINDERGARTEN	KINDERGARTEN
Milk (125 kcal) V, G ,L	Milk (125 kcal) V, G ,L		Milk (125 kcal) V, G ,L	Milk (125 kcal) V, G ,L
Cream Cheese (70 kcal) , V, G, L	Kashar Cheese (100 kcal) V, G		Yogurt Sauce (125 kcal) V, G	Boiled Egg (70 kcal) V, G, L
Honey (50 kcal) V, G, L	Green Olive (50 kcal) V, Vv, G, L.		Lavash (70 kcal) V	Twist Cheese (70 kcal) V, G
Crackers (100 kcal) Vv, L	Fruit (70 kcal) V, Vv, G, L		Carrot Slice / Fruit (25/75 kcal) V, Vv,G,L	Black Olive / Ccumber Slice (50/10) V, Vv, G, L.
	Whole Wheat Bread (70 kcal) V			Whole Wheat Bread (70 kcal) V

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LUNCH MENU

28 APRIL , 2025	29 APRIL , 2025	30 APRIL , 2025	May 1, 2025	May 2, 2025
MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES
Lentil Soup (125 kcal) V, Vv, L	Turkish Yogurt and Dried Mint Soup (125 kcal) V	Chinese Style Vegetable Soup , (125 kcal) L		Red Lentil Soup (125 kcal) V, Vv, L
Fish Fingers /Potato Wedges (300 kcal) L	Baked Turkish Meetballs with Vegetables (200 kcal) L	Spicy - Sour Chicken Stir - Fry , (223 kcal) L		Vegetable Pizza (300 kcal) V
	Turkish Egg Noddles (200 kcal) V, L	Noodle with Vegetables(317 kcal) V , L		Yogurt Drink (100 kcal) V, G
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Oven- Baked Kebab with Vegetables (150 kcal) V, Vv, G, L	Cauliflower Gratin (150 kcal) V	Spicy - Sour Mushroom Stir - Fry (189 kcal) V, Vv, G, L		Vegetable Pizza (250 kcal) V
OPTION 2	OPTION 2	OPTION 2	OPTION 2	OPTION 2
Baked Potato (250 kcal) V	Baked Potato (250 kcal) V	Baked Potato (250 kcal) V		Baked Potato (250 kcal) V
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
White Bean Stew in Olive Oil (100 kcal) V, Vv, G, L	Shakshuka (100 kcal) V, Vv, G, L	Chinese - Style Salad (349 kcal) V, Vv, G, L.		Stuffed Peppers with Olive Oil (100 kcal) V, Vv, G, L
Grated Carrot (25 kcal) V, Vv, G, L	Grated Carrot (25 kcal) V, Vv, G, L	Red Beet Salad (75 kcal) V, Vv, G, L.		Iceberg Lettuce Salad with Tuna (100 kcal) G, L
Lettuce- Arugula Salad (10 kcal) V, Vv, G, L.	Turkish Bulgur Salad (100 kcal) V, Vv, L	Grated Carrot (25 kcal) V, Vv, G, L		Grated Carrot (25 kcal) V, Vv, G, L
Coleslaw (75 kcal) V, G	Red Cabbage (25 kcal) V, Vv, G, L	Lettuce Salad (10 kcal) V, Vv, G, L		Boiled Corn (70 kcal) V, Vv, G, L
	Yogurt (125 kcal) V, G	Yogurt (125 kcal) V, G		Yogurt (125 kcal) V , G
SWEET	SWEET	SWEET	SWEET	SWEET
Semolina Halva (200 kcal) V	Supangle (300 kcal) V, G	Chinese Mooncakes (227 kcal) V		Fruit (75 kcal) V, Vv, G, L
KINDERGARTEN	KINDERGARTEN	KINDERGARTEN	KINDERGARTEN	KINDERGARTEN
Milk (125 kcal) V, G ,L	Milk (125 kcal) V, G ,L	Milk (125 kcal) V, G ,L		Milk (125 kcal) V, G ,L
Cream Cheese (70 kcal) , V, G, L	Boiled Egg (70 kcal) V, G, L	Yogurt Sauce (125 kcal) V, G		Kashar Cheese (100 kcal) V, G
Black Olive /Green Olive (50 kcal) V, Vv, G, L.	Twist Cheese (70 kcal) V, G	Lavash (70 kcal) Vv, L		Black Olive /Green Olive (50 kcal) V, Vv, G, L.
Honey / Molasses (50 kcal) V ,G, L	Cucumber Slice (10) V, Vv, G, L.	Fruit (75 kcal) V, Vv,G,L		Fruit (75 kcal) V, Vv,G,L
Stuffed Soft Bun (100 kcal) V	Whole Wheat Bread (70 kcal) V			Whole Wheat Bread (70 kcal) V

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