

LUNCH MENU

March 4, 2024	March 5, 2024	March 6, 2024	March 7, 2024	March 8, 2024
MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES
Noodle Soup (91 kcal) V	Yogurt Soup with Rice (88 kcal) V	Ezogelin Soup (45 kcal) L, Vv	Lentil Soup (45 kcal) L, Vv	Broccoli Soup (58 kcal)
Fusili Basilico (152 kcal) V	Meat Fajita (371 kcal) G, L	Peas with meat (158 kcal) G, L	Lasagna (181 kcal)	Soy Sauce Chicken (207 kcal) L
	Mashed Potatoes (88 kcal) V, G	Rice (175 kcal) G, 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	Peas (161 kcal) Vv, G, L	Vegetable Lasagna (129 kcal) V	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 (17 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	Red Cabbage (31 kcal) Vv, G, L	Red Beans With Tomato Sauce (332 kcal) Vv, G, L
Okra with Olive Oil (43 kcal) Vv, L, G,	Yogurt (76 kcal) G, V	Artichoke with Olive Oil (74 kcal) Vv, G, L	Potato Salad (143 kcal) Vv, G, L	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	Ovened Rice Pudding (132 kcal) V, G	Tiramisu (210 kcal)	Fruit (70 kcal) Vv, G, L	Apple Pie (340 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	Flat Bread (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

March 11, 2024	March 12, 2024	March 13, 2024	March 14, 2024	March 15, 2024
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 with Tomato Sauce (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	Eggplant Tomato Peppers (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	Chickpea 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	

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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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LUNCH MENU

March 18, 2024	March 19, 2024	March 20, 2024	March 21, 2024	March 22, 2024
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)	Chicken with Curry Sauce (143 kcal) G	Cauliflower gratin (213 kcal) G	Meatball with Tomato Sauce (66 kcal) V	Bean Cassarole with Meat (79 kcal) G, L
	Rice with Tomatoes (140 kcal) Vv, L, G	Noodles (175 kcal) Vv, L	Bulgur Wheat (149 kcal) Vv, L	Rice (175 kcal) G, Vv, L
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Spaghetti with Tomato Sauce (228 kcal) V	Mushroom with Curry Sauce (190 kcal) Vv, G	Cauliflower (112 kcal) G	Baked Mixed Vegetables (48 kcal) Vv, L, G	Beans (66 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 (17 kcal) Vv, G, L	Lettuce Salad (14 kcal) Vv, G, L	Lettuce Salad (14 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	Red Cabbage (31 kcal) Vv, G, L	Sliced Zucchini with Yogurt (102 kcal) Vv, G	Eggplant Tomato Peppers (74 kcal) Vv, G, L
Green Beans Olive Oil (49 kcal) Vv, G, L	Stuffed Eggplant (43 kcal) Vv, G, L	Stuffed Eggplant (43 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	Biscuit (215 kcal) V	Biscuit (215 kcal) V	Cheesecake (160 kcal) V	Fruit Cake (229 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	Egg (46 kcal) V, 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	Fruit (70 kcal) Vv, G, L
Whole Wheat Bread (221 kcal) Vv, L	Lavash (157 kcal) Vv, L	Lavash (157 kcal) Vv, L	Honey (307 kcal) V, G, L	Sliced Carrot Cucumber (157 kcal) Vv, G, L
Honey (307 kcal) V, G, L	Yogurt Sauce (36 kcal) V, G	Yogurt Sauce (36 kcal) V, G	Labneh Cheese (210 kcal) V, G	Whole Wheat Bread (221 kcal) Vv, L
Labneh Cheese (210 kcal) V, G				

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LUNCH MENU

March 25, 2024	March 26, 2024	March 27, 2024	March 28, 2024	March 29, 2024
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	Tandoori Soup (90 kcal)	Broccoli Soup (58 kcal) V
Chicken Doner (309 kcal)	Spinach with meat (162 kcal) G, L	Chicken Fingers (299 kcal)	Pizza Margarita (266 kcal) V	Meat Fajita (217 kcal) G, L
Rice (175 kcal) G, Vv, L	Pasta with cheese (164 kcal) V	Mashed Potatoes (88 kcal) V, L	Yogurt Drink (56 kcal) V, G	Rice with vegetables (175 kcal) V, G
Yogurt Drink (80 kcal) V, G				
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Quiche (342 kcal) V, L	Spinach (133 kcal) Vv, G, L	Lentil Meatballs (194 kcal) Vv, L, G	Pizza Margarita (266 kcal) V	Grilled Vegetables (87 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 (17 kcal) Vv, G, L	Lettuce (17 kcal) Vv, G, L	Chopped Cucumber And Tomato Salad (28 kcal) Vv, G, L	Lettuce (17 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
Aragula (25 kcal) Vv, G, L	Red Cabbage (31 kcal) Vv, G, L	Special Turkish tapas (72 kcal) Vv, V, L, G	Sweet corn (25 kcal) Vv, G, L	Olive Oil Leek (139 kcal) Vv, L
Olive Oil Spinach (41 kcal) Vv, G, L	Celery Salad (143 kcal) Vv, G, L	Yogurt (76 kcal) G, V	Chickpeas Salad (43 kcal) Vv, G, L	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	Pudding (122 kcal) V, G	Apple Crumble (340 kcal) V, L	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	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	Flat Bread (157 kcal) Vv, L	Sliced Carrot Cucumber (157 kcal) Vv, G, L	Crackers (98 kcal) Vv, L	Flat Bread (157 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	Yogurt Sauce (36 kcal) V, G
Labneh Cheese (210 kcal) V, G				

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