



# LUNCH MENU

3 MARCH 2025	4 MARCH 2025	5 MARCH 2025	6 MARCH 2025	7 MARCH 2025
<b>MAIN DISHES</b>	<b>MAIN DISHES</b>	<b>MAIN DISHES</b>	<b>MAIN DISHES</b>	<b>MAIN DISHES</b>
Lentil Soup (45 kcal) Vv, L	Ezogelin Soup (125 kcal) V	Mushroom Soup (125 kcal) V	Yogurt Soup (125 kcal) V	Tomato Soup with Croutons (125 kcal) V
Chicken Döner with Rice / Fries (300 kcal) G, L	Green Beans with Meat (200 kcal) G, L	Meat Cassarole with Chick Peas (200 kcal) G, L	Baked Meatballs & Potato (250 kcal) G, L	Sautéed Meat with Mushrooms (200 kcal) G, L
Yogurt Drink (100 kcal) V, G	Pasta with Cheese (200 kcal) V, G, L.	Rice (200 kcal) V, Vv, G, L	Pasta with Cheese (200 kcal) V, Vv	Cracked Wheat Pilaf (200 kcal) V, Vv, L
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Roasted Vegetables (150 kcal) V, Vv, G, L	Ratatouille (150 kcal) V, Vv, G, L	Chickpeas (150 kcal) V, G, L	Soy Sauced Mushroom (125 kcal) V, Vv, G, L	Peas (150 kcal) V, Vv, G, L.
<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 8</b>	<b>OPTION 2</b>
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
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Cauliflower with Mustard-Yogurt Sauce (75 kcal) V, G, L	Kisir salad with bulgur (100 kcal)V, Vv	Artichokes with Olive Oil (100 kcal) V, G, L	Zucchini Fritters(75 kcal) V	Artichokes with Olive Oil (100 kcal) V, Vv, G, L.
Grated Carrot (25 kcal) V, Vv, G, L	Grated Carrot (25 kcal) Vv, G, L	Grated Carrot (25 kcal) Vv, G, L	Vetch Salad (100 kcal) V, G, L	Grilled Peppers with Yogurt (75 kcal) V, G, L
Lettuce (10 kcal) V, Vv, G, L	Lettuce Salad (10 kcal) V, Vv, G, L	Mixed Pickles (54 kcal) V, G,	Grated Carrot (25 kcal) Vv, G, L	Mixed Salad with Corn (50 kcal) V, Vv, G, L.
Legume Salad (125 kcal) V, Vv, G, L	Eggplant Salad (75 kcal) V, Vv, G, L	Lettuce (10 kcal) Vv, G, L	Red Cabbage (25 kcal) V, Vv, G, L.	Carrot Tarator (75 kcal) V, G, L.
Yogurt (125 kcal) G, V	Yogurt (125 kcal) G, V	Yogurt and Cucumber Dip (100 kcal) V, G, L	Yogurt (125 kcal) G, V	Yogurt (125 kcal) G, V
<b>SWEET</b>	<b>SWEET</b>	<b>SWEET</b>	<b>SWEET</b>	<b>SWEET</b>
Fruit (70 kcal) V, Vv,G,L	Pudding (300 kcal) V	Apple Pie (300 kcal) V	Fruit (70 kcal) V, Vv,G,L	Cheesecake (321 kcal ) V
<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>
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
Kashar Cheese / Cream Cheese (100/70 kcal) , V, G, L	Boiled Egg (70 kcal) V, G, L	Cream Cheese (70 kcal) V, G, L	Yogurt Sauce (125 kcal) V, G, L.	Boiled Egg (70 kcal) V, G, L
Honey / Molasses (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, Vv	Twist Cheese (70 kcal) V
Carrot Slice (25 kcal) V, Vv, G, L.	Whole Wheat Bread (70 kcal) V, G	Cherry Tomatoes (15 kcal) V, Vv, G, L.	Fruit (70 kcal) Vv,G,L	Cucumber/Carrot Slice (10/25 kcal) V, Vv, G, L.
Whole Wheat Bread (70 kcal) V, Vv, L	Fruit (70 kcal) Vv, G, L	Simit Sesame-free (100 kcal) V		Whole Wheat Bread (70 kcal) V, Vv, L

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

values of the food are calculated based on average portion.

# LUNCH MENU

10 MARCH 2025	11 MARCH 2025	12 MARCH 2025	13 MARCH 2025	14 MARCH 2025
<b>MAIN DISHES</b>	<b>MAIN DISHES</b>	<b>MAIN DISHES</b>	<b>MAIN DISHES</b>	<b>MAIN DISHES</b>
Mushroom Soup (125 kcal) V	Minestrone Soup (125 kcal) V	Ezogelin Çorba (125 kcal) V	Tomato Soup with Croutons (125 kcal) V	Yogurt Soup (125 kcal) V
Meat Döner Sandwich (300 kcal) L	Lasagna (250 kcal) V	Meat Cassarole (175 kcal) G	Chicken Schnitzel (200 kcal) L	Roast Meatballs/Mashed Potatoes (250 kcal) G
French Fries (150 kcal) V, Vv, G, L.	Sautéed Vegetables (100 kcal) V, Vv, G, L.	Pastry filled with cheese (200 kcal) V	Cracked Wheat Pilaf (200 kcal) Vv, L	Vegetable Noodles (200 kcal) V, Vv, G, L
Yogurt Drink (100 kcal) V, G				
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Zucchini Fritter (200 kcal) V	Lasagna with vegetables (200 kcal) V	Vegetarian Cassarole (125 kcal) V, Vv, G, L.	Lentil Meatballs (200 kcal) V, L, G	Sautéed Mushrooms (150 kcal) V, Vv, G, L.
<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 8</b>	<b>OPTION 2</b>
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
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Green Beans with Olive Oil (75 kcal) V, Vv, G, L.	Red Kidney Beans with Olive Oil (100 kcal) V, Vv, G, L.	Celeriac with Orange (100 kcal) V, Vv, G, L.	Baked Zucchini (75 kcal) V, G, L	Broccoli with Olive Oil (75 kcal) V, Vv, G, L.
Grated Carrot (25 kcal) Vv, G, L	Grated Carrot (25 kcal) Vv, G, L	Mixed Salad with Corn (50 kcal) V, Vv, G, L.	Grated Carrot (25 kcal) Vv, G, L	Grated Carrot (25 kcal) Vv, G, L
Arugula Salad with Corn (50 kcal) V, Vv, G, L.	Tuna Belly Salad (100 kcal) G, L	Leaf Salad with Yogurt (75 kcal) V, G	Lettuce (10 kcal) Vv, G, L	Babaganoush (75 kcal) V, Vv, G, L
Lettuce (10 kcal) V, Vv, G, L.	Red Beet Salad (75 kcal) V, Vv, G, L.	Chickpea Salad with Grilled Peppers (100 kcal) V, Vv, G, L.	Potato Salad (100 kcal) V, V, G, L	Lettuce/ Roka Salad (10 kcal) V, Vv, G, L.
Yogurt (125 kcal) G, V	Yogurt (125 kcal) G, V	Yogurt (125 kcal) G, V	Yogurt (125 kcal) G, V	Yogurt (125 kcal) G, V
<b>SWEET</b>	<b>SWEET</b>	<b>SWEET</b>	<b>SWEET</b>	<b>SWEET</b>
Fruit (70 kcal) Vv,G,L	Rice Pudding (300 kcal) V	BIS Cake with Raspberry (300 kcal)	Fruit (70 kcal) Vv,G,L	Ice Cream (200 kcal)
<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>
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	Kashar Cheese (100 kcal) V	Boiled Egg (70 kcal) V, G, L	Yogurt Sauce (125 kcal) V,G	Boiled Egg (70 kcal) V, G, L
Honey / Molasses (50 kcal) V	Green Olive (50 kcal) V, Vv, G, L.	White Cheese (70 kcal) V, L	Lavash (70 kcal) Vv, L	Twist Cheese (70 kcal) G
Simit/Crispbread (100 kcal) V, Vv	Fruit (70 kcal) Vv,G,L	Carrot Slice (25 kcal)	Carrot Slice/ Fruit (25/75 kcal) Vv,G,L	Cucumber Slice (10 kcal) V, Vv, G, L.
	Whole Wheat Bread (70 kcal) V, Vv, L	Whole Wheat Bread (70 kcal) V, Vv, L	Whole Wheat Bread (70 kcal) V, Vv, L	Whole Wheat Bread (70 kcal) V, Vv, L

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# LUNCH MENU

17 MARCH 2025	18 MARCH 2025	19 MARCH 2025	20 MARCH 2025	21 MARCH 2025
<b>MAIN DISHES</b>	<b>MAIN DISHES</b>	<b>MAIN DISHES</b>	<b>MAIN DISHES</b>	<b>MAIN DISHES</b>
Lentil Soup (45 kcal) Vv, L	Tomato Soup with Cheese (125 kcal) V	Yogurt Soup (125 kcal) V	Ezogelin Soup (125 kcal) V	Mushroom Soup (125 kcal) V
Spaghetti Bolognese (250 kcal) L	Baked Chicken/ Potatoes (250 kcal) G, L	Minced Meat Zucchini Gratin (250 kcal)	Meatballs Topped with Mashed Potatoes (250 kcal) G, L	Beans with Meat (200 kcal) G, L
Baked Mixed Vegetables (100 kcal) V, Vv, G, L	Cracked Wheat Pilaf (200 kcal) V, Vv, L	Pasta with tomato sauce (200 kcal) V	Pasta with Cheese (200 kcal) V, G	Rice (200 kcal) V, Vv, G, L
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Spaghetti with Tomato Sauce (200 kcal) V, Vv, L	Mixed Vegetable Sauté (150 kcal) V, Vv, G, L	Zucchini Gratin (200 kcal) V	Vegetable Meatballs (200 kcal) V, Vv, L, G	Beans (150 kcal) V, Vv, L, G
<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 8</b>	<b>OPTION 2</b>
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
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Okra with Olive Oil (75 kcal) V, Vv, G, L.	Bean Salad (100 kcal) V, Vv, G, L	Stuffed Eggplant (75 kcal) V	Olive Oil Leeks (75 kcal) V, Vv, G, L	Red Cabbage with Yogurt (75 kcal) V,G
Grated Carrot (25 kcal) Vv, G, L	Grated Carrot (25 kcal) Vv, G, L	Grated Carrot (25 kcal) Vv, G, L	Grated Carrot (25 kcal) Vv, G, L	Grated Carrot (25 kcal) Vv, G, L
Tuna Belly Salad (100 kcal) G, L	Lettuce Salad (10 kcal) Vv, G, L	Lettuce (10 kcal) Vv, G, L	Lettuce and Arugula Salad (10 kcal) Vv, G, L	Mixed Salad with Corn (50 kcal) V, Vv, G, L.
Lentil Salad (100 kcal) V, V, G, L	Celery Salad with Yogurt (75 kcal) V, G	Wheat Salad (100 kcal) V, Vv	Zucchini Fritters (75 kcal) V	Gherkin Pickles (10 kcal) V, Vv, G, L.
Yogurt (125 kcal) G, V	Yogurt (125 kcal) G, V	Yogurt (125 kcal) G, V	Yogurt (125 kcal) G, V	Yogurt and Cucumber Dip (100 kcal) V, G, L
<b>SWEET</b>	<b>SWEET</b>	<b>SWEET</b>	<b>SWEET</b>	<b>SWEET</b>
Fruit (70 kcal) Vv,G,L	Combo Pudding (300 kcal)	Traliche (300 kcal) V	Fruit (70 kcal) Vv,G,L	Chocolate Pudding with biscuits (300 kcal) V
<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>
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
Kashar Cheese (100 kcal) V	Yogurt Sauce (125 kcal) V,G	Boiled Egg (70 kcal) V, G, L	Twist Cheese (70 kcal) V	Boiled Egg (70 kcal) V, G, L
Black Olive /Green Olive (50 kcal) V, Vv, G, L.	Lavash (70 kcal) V, Vv	Molasses (50 kcal) V, Vv, G, L.	Black Olive /Green Olive (50 kcal) V, Vv, G, L.	White Cheese (70 kcal) V , L
Carrot Slice (25 kcal) V, Vv, G, L.	Fruit (70 kcal) Vv,G,L	Cream Cheese (70 kcal) V	Cherry Tomatoes (15 kcal) V, Vv, G, L.	Cucumber/ Carrot Slice (10/25 kcal) V, Vv,G,L
Whole Wheat Bread (70 kcal) V, Vv, L		Whole Wheat Bread (70 kcal) V, Vv, L	Whole Wheat Bread (70 kcal) V, Vv, L	Whole Wheat Bread (70 kcal) V, Vv, L

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# LUNCH MENU

24 MARCH 2025	25 MARCH 2025	26 MARCH 2025	27 MARCH 2025	28 MARCH 2025
<b>MAIN DISHES</b>	<b>MAIN DISHES</b>	<b>MAIN DISHES</b>	<b>MAIN DISHES</b>	<b>MAIN DISHES</b>
Strained Lentil Soup (125 kcal) V, Vv, G, L	Yogurt Soup (125 kcal) V, G	Tortilla Soup (125 kcal) L	Ezogelin Soup (125 kcal) V, Vv, G, L	Tomato Soup with Croutons (125 kcal) V
Fish Fingers / Potato Wedges (250 kcal) G, L	Meatbals withn vegetables in tomato sauce	Fajita (200 kcal) V, Vv, G, L	Pizza (300 kcal) V	Turkey Tandoori (200 kcal) G, L
Semolina Halva (200 kcal) V	Noodles (200 kcal) Vv, L	Mexican Rice (200 kcal) V, Vv, G, L	Yogurt Drink (100 kcal) V, G	Bulgur Wheat Pilaf (200 kcal) V, Vv, L
		Taco (150 kcal) V, Vv, G, L		
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Roasted Vegetables (150 kcal) V, Vv, G, L	Cauliflower Gratin (150 kcal)	Mexican Style Vegetable Dish (120 kcal) V	ezogelin Soup (125 kcal) V, Vv, G, L	Zucchini Fritters (200 kcal) V
<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 8</b>	<b>OPTION 2</b>
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
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Braised Beans (100 kcal) V, Vv, G, L	Eggplant and Vegetable Stew (100 kcal) G, V, L	Mexican Salad (100 kcal) Vv, G, L	Olive Oil Artichokes (100 kcal) V, Vv, G, L	Olive Oil Roasted Brussels Sprouts (75 kcal) V, Vv, G, L
Grated Carrot (25 kcal) Vv, G, L	Grated Carrot (100 kcal) V, Vv, G, L	Grated Carrot (25 kcal) Vv, G, L	Tuna Belly Salad (100 kcal) G, L	Lettuce Salad with Arugula (10 kcal) Vv, G, L
Lettuce Salad with Arugula (10 kcal) Vv, G, L	Tabbouleh (100 kcal) V, Vv	Red Cabbage (25 kcal) V, L, G	Grated Carrot (100 kcal) V, Vv, G, L	Mixed Pickles (25 kcal) V, Vv, G, L
Coleslaw (75 kcal) V, G	Red Cabbage (25 kcal) V, Vv, G, L	Lettuce (10 kcal) Vv, G, L	Boiled Corn (70 kcal) V, Vv, G, L	Crispy Zucchini (75 kcal) V
Yogurt (125 kcal) G, V	Yogurt (125 kcal) G,V	Yogurt (125 kcal) G, V	Yogurt (125 kcal) G, V	Yogurt and Cucumber Dip (100 kcal ) V, G, L
<b>SWEET</b>	<b>SWEET</b>	<b>SWEET</b>	<b>SWEET</b>	<b>SWEET</b>
Fruit (70 kcal) Vv,G,L	Chocolate Pudding (300 kcal) V	Churros (200 kcal) V	Fruit (70 kcal) Vv,G,L	Tiramisu (300 kcal) V
<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>	<b>KINDERGARTEN</b>
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	Yogurt Sauce (125 kcal) V,G	White Cheese (70 kcal) ) V, L	Kashar Cheese (100 kcal) V	Boiled Egg (70 kcal) V, G, L
Black Olive /Green Olive (50 kcal) V, Vv, G, L.	Lavash (100 kcal) ) Vv, L	Black Olive (50 kcal) V, Vv, G, L	Black Olive /Green Olive (50 kcal) V, Vv, G, L.	Twist Cheese (70 kcal) G
Honey / Molasses (50 kcal) V	Fruit (70 kcal) Vv,G,L	Cherry Tomatoes (15 kcal) V, Vv, G, L.	Fruit (70 kcal) Vv,G,L	Cucumber/Carrot Slice (10/25 kcal)V, Vv, G, L.
Simit Sesame-free (100 kcal) V, Vv		Whole Wheat Bread (70 kcal) V, Vv, L	Whole Wheat Bread (70 kcal) V, Vv, L	Whole Wheat Bread (70 kcal) V, Vv, L

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

**"MEXICAN DAY"**

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