

LUNCH MENU

November 4, 2024	November 5, 2024	November 6, 2024	November 7, 2024	November 8, 2024
MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES
Noodle Soup (91 kcal) V	Tomato Soup (80 kcal) Vv , L	Yogurt Soup with Rice (88 kcal) V	Ezogelin Soup (45 kcal) L, Vv	Mushroom Soup (91 kcal) V
Mac'n Cheese (66 kcal) V	Grilled Mushroom with Vegetables (214 kcal) L, G	Lasagna (181 kcal)	Chicken Schnitzel (272 kcal) L	Meat Döner Sanwich (123 kcal) L
	Rice (149 kcal) Vv, L		Potato Salad (142 kcal) Vv, L, G	French Fries (312 kcal) Vv, G, L
				Yogurt Drink (156 kcal) Vv, G, L
				Milk (46 kcal) V, G
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Mac and Cheese (164 kcal) V	Potato with Tomato Sauce (174 kcal) L, G	Vegetable Lasagna (129 kcal) V	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 (17 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	Barley Noodle Salad (151 kcal) Vv, 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
Okra with Olive Oil (43 kcal) Vv, L, G,	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	Ovened Rice Pudding (132 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	Whole Wheat Bread (221 kcal) Vv, L	Breadcrumbs (98 kcal) Vv, L	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	Yogurt Sauce (36 kcal) V, G	Honey (307 kcal) V, G, 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

November 11, 2024	November 12, 2024	November 13, 2024	November 14, 2024	November 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	Mushroom Soup (91 kcal) V
Spaghetti Bolognese (160 kcal)	Chicken with Cury Sauce (143 kcal) G	Zucchini gratin with minced meat (399 kcal)	Meat Loaf (146 kcal) G, L	Bean Cassarole with Meat (79 kcal) G,L
	Bulghur Rice (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	Mushroom with Cury Sauce (190 kcal) Vv, G	Zucchini (17 kcal)	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 (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	Red Cabbage (31 kcal) Vv, G, L	Sliced Zucchini with Yogurt (102 kcal) Vv, G	Red Cabbage (31 kcal) Vv, G, L
Green Beans Olive Oil (49 kcal) Vv, G, L	Stuffed Eggplant (43 kcal) Vv, G, L	Yogurt (76 kcal) G, V	Yogurt (76 kcal) G, V	Yogurt Drink (80 kcal) V, G
Yogurt (76 kcal) G, V	Yogurt (76 kcal) G, V			Turşu - Pickles (9 kcal)
SWEET	SWEET	SWEET	SWEET	SWEET
Fruit (70 kcal) Vv, G, L	Biscuit (215 kcal)	Chesecake (160 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	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	Sliced Carrot Cucumber (157 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	Whole Wheat Bread (221 kcal) Vv, 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		Labneh Cheese (210 kcal) V, G	Labneh Cheese (210 kcal) V, G

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LUNCH MENU

November 18, 2024	November 19, 2024	November 20, 2024	November 21, 2024	November 22, 2024
MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES
Lentil Soup (45 kcal) V	Yogurt Soup with Rice (88 kcal) V	Ezogelin Soup (45 kcal) L, Vv	Tomato Soup (80 kcal) V	Mine Strone Soup (80 kcal) V
Fusili Basilico (152 kcal) V	Meat Fajita (371 kcal) G, L	Chick Peas with Meat (158 kcal) G, L	Pizza Margarita (266 kcal) V	Soy Sauce Chicken (207 kcal) L
	Mashed Potatoes (88 kcal) V, G	Rice (175 kcal) G, Vv, L	Yogurt Drink (156 kcal) V, G	Asian Style Rice (131 kcal) G, Vv, L
			Milk (46 kcal) V, G	
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Fusili Basilico (152 kcal) V	Grilled Vegetables (104 kcal) Vv, L, G	Chick Peas (161 kcal) Vv, G, L	Pizza Margarita (266 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 (17 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 with Chopped Cucumbers (128 kcal) Vv, G	Sweet corn (25 kcal) Vv, G, L	Special Turkish Tapas(72 kcal) Vv, V, L, G
Okra with Olive Oil (43 kcal) Vv, L, G	Yogurt (76 kcal) G, V	Artichoke with Olive Oil (74 kcal) Vv, G, L	Stuffed pepper with rice with olive oil (170 kcal)	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	Apple Pie (340 kcal) V	Fruit (70 kcal) Vv, G, L	Tramisu (210 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	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	Bread Crumbs (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		

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LUNCH MENU

November 25, 2024	November 26, 2024	November 27, 2024	November 28, 2024	November 29, 2024
MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES
Lentil Soup (45 kcal) L, Vv	Mushroom Soup (66 kcal) Vv, G, L	Tomato Soup (66 kcal) V, G	Yogurt Soup with Rice (88 kcal) V	Broccoli Soup (58 kcal) V
Chicken Doner (309 kcal)	Minced Meat with Green Lentils (228 kcal)	Chicken Fingers (299 kcal)	Green Beans with Meat (158 kcal) Vv, L, G	Meat Fajita (217 kcal) G, L
Rice (175 kcal) G, Vv, L	Pasta with cheese (164 kcal) V	Mashed Potatoes (88 kcal) V, L	Orzo Rice (120 kcal) Vv, L, G	Rice with Vegetables (175 kcal) V, G
Yogurt Drink (80 kcal) V, G				Lavash (157 kcal) Vv, L
Milk (46 kcal) V, G				
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Baked Mixed Vegetables (48 kcal) Vv, L, G	Green Lentils (117 kcal)	Lentil Meatballs (194 kcal) Vv, L, G	Green Beans (35 kcal) Vv, L, G	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 Salad (14 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	Garnish (Corn, Cheese, Green Lentils)(36 kcal)	Sweet corn (25 kcal) Vv, G, L	Leek (61 kcal) Vv, L
Olive Oil Spinach (43 kcal) Vv, G, L	Riced bubirgine & peppers in tomato sauce (75 kcal)	Yogurt (76 kcal) G, V	Celery Salad (123 kcal)	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	Bread crumbs (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				Labneh Cheese (210 kcal) V, G

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