

LUNCH MENU

2 June 2025	3 June 2025	4 June 2025	5 June 2025	6 June 2025
MAIN DISHES	MAIN DISHES	MAIN DISHES	HALF DAY	SCHOOL CLOSED
Lentil Soup (125 kcal)Vv, L	Yogurt Soup with Rice (125 kcal) V	Mushroom Soup (125 kcal) V		
Meat Doner & Rice-Potatoes (300 kcal) G, L	Lasagna (495 kcal)	Beef and Chickpeas Casserole (200 kcal) G, L		
Potato Wedges (250 kcal) - Garnish (100 kcal) V, Vv, G, L	Sauteed Vegetables (125 kcal) Vv, G, L	Rice (200 kcal) V, Vv, G, L		
Yogurt Drink (100 kcal) V, G				
VEGETARIAN	VEGETARIAN	VEGETARIAN		
Zucchini Fritters (200 kcal) V	Lasagna with Vegetables (200 kcal) V	Chickpeas (150 kcal) V, Vv, G, L		
OPTION 2	OPTION 2	OPTION 2		
Baked Potato (250 kcal) V	Baked Potato (250 kcal) V	Baked Potato (250 kcal) V		
SALAD BAR	SALAD BAR	SALAD BAR		
Green Beans with Olive Oil (100 kcal) V, Vv, G, L	Turkish Bulghur Salad (100 kcal) V,Vv,L	Purslane with Olive Oil (75 kcal) V, Vv, G, L		
Grated Carrot (25 kcal) V, Vv, G, L	Salad (50 kcal) V,Vv, G, L	Grated Carrot (25 kcal) V,Vv, G, L		
Lettuce Salad with Corn (50 kcal) V, Vv, G, L	Eggplant Salad (75 kcal) V, G	Mixed Pickles (10 kcal) V,Vv, G, L		
n Salad or Black-eyed pea Salad (100 kcal) V, Vv,	Lettuce (10 kcal) V,Vv, G, L	Lettuce (10 kcal) V,Vv, G, L		
Yogurt (125 kcal) V, G	Yogurt (125 kcal) V, G	Yogurt and Cucumber Dip (100 kcal) V, G		
SWEET	SWEET	SWEET		
Fruit (75 kcal) V, Vv, G, L	Pudding (300 kcal) V	Apple Pie (300 kcal) V		

All students are served FRUIT in the afternoon.

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

9 June 2025	10 June 2025	11 June 2025	12 June 2025	13 June 2025
SCHOOL CLOSED	MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES
	Red Lentil Soup (125 kcal) Vv, L	Tomato Soup with Cheese (150 kcal) V	Yogurt Soup (125 kcal) V	Onion Soup (117 kcal) V
	Spaghetti Bolognese (300 cal) L	Baked Chicken (200 kcal) G, L	Turkish Rice-Stuffed Meatballs (405 kcal), Potatoes (250 kcal) G	Boeuf Bourguignon (405 kcal)
	Baked mixed Vegetables (150 kcal) V, Vv, G, L	Bulgur Wheat Pilaf (200 kcal) V, Vv, L	Pasta (200 kcal) V, G	Riz Basmati (132 kcal) V,Vv,L
				 FRENCH FOOD DAY
	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
	Spaghetti with Tomato Sauce (200 kcal) V, Vv, L	Sauteed Mixed Vegetable (150) V, Vv, G, L	Lentil Balls (200 kcal) V	Ratatouille (150 kcal)V,Vv,G,L
	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
	Okra with Olive Oil (100 kcal) V, G	Bean Salad (100 kcal) V, Vv, G, L	Stuffed Eggplant (100 kcal) V, Vv, G, L	Rice Salad (100 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
	Tuna Salad (100 kcal) G, L	Lettuce Salad (10 kcal) V,Vv, G, L	Lettuce Salad (10 kcal) V,Vv, G, L	Lettuce & Arugula Salad (10 kcal) V,Vv, G, L
	Lentil Salad (100 kcal) V, Vv, G, L	Salad (50 kcal) V, G,	Wheat Salad with Red Peppers (100 kcal) V, Vv	Coleslaw Salad (144 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
				 FRENCH FOOD DAY
	SWEET	SWEET	SWEET	SWEET
	Fruit (75 kcal) Vv, G, L	Chocolate Magnolia (300 kcal) V	Fruit (75 kcal) Vv, G, L	Profiterole (300 Kcal) V, G

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LUNCH MENU

16 June 2025	17 June 2025	18 June 2025	19 June 2025	20 June 2025
MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES
Lentil Soup (125 kcal)Vv, L	Vegetable Soup (125 kcal) V	Tomato Soup with Crutons (125 kcal) V	Yogurt Soup with Rice (125 kcal)	Red Lentil Soup (125 kcal) V
Fish Fingers (250 kcal) G, L	Turkish-style Beans with Beef (200 kcal) G, L	Meat Fajita (300 kcal) G, L	Turkey Tandoori (200 kcal) G,L	Mixed Vegetable Casserole with Meat (200 kcal) Vv,L
Potato Wedges (250 kcal) - Garnish (100 kcal) V, Vv, G, L	Rice (200 kcal) V, Vv, G, L	Mashed Potatoes (88 kcal) V, G	Bulgur Wheat Pilaf (200 kcal) Vv, L	Rice (200 kcal) V, Vv, G, L
		Yogurt Drink (100 kcal)		
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Roasted Vegetables (150 kcal)V, Vv, G, L	Casseroles Beans (150 kcal) V, Vv, L, G	Vegetables with Olive Oil (150 kcal) V,Vv,G,L	Zucchini Fritters (200 kcal) V	Mixed Vegetable Casserole (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
Braised Beans (100 kcal) V, Vv, G, L	Tuna Belly Salad (100 kcal) G, L	Borlotti Beans in Olive Oil (100 kcal) V, G	Purslane Salad with Yogurt (75 kcal) V, Vv, G, L	Green Lentil Salad (75 kcal) V, Vv, G, L
Grated Carrot (25 kcal) V, Vv, G, L	Salad (50 kcal) V,Vv, G, L	Grated Carrot (25 kcal) V, Vv, G, L	Lettuce and Arugula Salad (10 kcal) V,Vv, G, L	Turkish Bulgur Salad (100 kcal) V, Vv, L
Lettuce Salad with Arugula (10 kcal) V,Vv, G, L	Roasted Red Pepper Salad with Yogurt (75 kcal) V, G	Mixed Salad with Corn (50 kcal) V, Vv, G, L.	Grated Carrot (25 kcal) V, Vv, G, L	Salad (50 kcal) V,Vv,L,G
Olive and Vegetable Salad(75 kcal) V,Vv, G, L	Mixed Pickles (10 kcal) V, Vv, G, L.	Red Cabbage (25 kcal) V, Vv, G, L	Salad (50 kcal) V,Vv,L,G	Lettuce (10 kcal) Vv, G, L
Crispy Zucchini (75 kcal) V	Yogurt and Cucumber Dip (100 kcal) V, G	Yogurt (125 kcal) V, G		Yogurt (125 kcal) G, V
SWEET	SWEET	SWEET	SWEET	SWEET
Semolina Halva (200 kcal) V	Fruit (75 kcal) V, Vv, G, L	Trilece (300 kcal) V	Fruit (75 kcal) V, Vv, G, L	Tiramisu (300 kcal) V

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LUNCH MENU

23 June 2025	24 June 2025	25 June 2025	26 June 2025	27 June 2025
MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES	MAIN DISHES
Lentil Soup (125 kcal)Vv, L	Tomato Soup with Crutons (125 kcal) V	Mushroom Soup (125 kcal) V	Red Lentil Soup (125 kcal)Vv, L	Yogurt Soup with Rice (125 kcal)Vv, L
Green Beans with Meat (200 kcal) G, L	Shepherd's Saute (200 kcal) G, L	Chicken Schnitzel (200 kcal) L	BIS Burger (300 kcal) L	Pizza (300 kcal) V
Rice (200 kcal) V, Vv, G, L	Bulgur Wheat Pilaf (200 kcal) V, G	Noodles (200 kcal) V, Vv,	French Fries / Caramelized Onions (250 / 256 kcal) V, Vv, G, L	Yogurt Drink (100 kcal) V, G
			Yogurt Drink (100 kcal) V, G	
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Green Beans (150 kcal) V	Vegetable Saute (150 kcal) V,Vv,G,L	Lentil Balls (200 kcal) V, Vv, L	Zucchini Fritters Burger (250 kcal) V	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	Baked Potato (250 kcal) V
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Fried Vegetables in tomato sauce (100 kcal) V, Vv, G, L	Stuffed Peppers with Olive Oil (100 kcal) V,Vv,G,L,	Zucchini with Olive Oil (100 kcal) V, Vv, G, L	Chopped Tomato and Cucumber (50 kcal) V, Vv, G, L	Purslane with Olive Oil (75 kcal) V,Vv,G,L,
Grated Carrot (25 kcal) V, Vv, G, L	Salad (50 kcal) V, Vv, G, L	Sautéed Peppers with Yogurt (75 kcal) V, Vv, G	Lettuce with Corn (10 kcal) V,Vv, G, L	Tuna Belly Salad (100 kcal) G, L
Salad (50 kcal) V, Vv, G, L	Grated Carrot (75 kcal) V,Vv,G	Lettuce (10 kcal) V, Vv, G, L	Grated Carrot (75 kcal) V,Vv,G	Grated Carrot (75 kcal) V,Vv,G
Wheat Salad (100 kcal) V, Vv, L	Legume Salad with Roasted Peppers (75 kcal) V,Vv, G,L	Potato Salad (100 kcal) V, Vv, G, L	Gherkin Pickles (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 Drink (100 kcal) V, G	Yogurt Drink (100 kcal) V, G
TATLI	TATLI	TATLI	TATLI	TATLI
Fruit (75 kcal) V, Vv, G, L	Rice Pudding (70 kcal) Vv, G, L	Biscuit (300kcal) V	Fruit (75 kcal) V, Vv, G, L	Ice Cream (104 Kcal) V, G

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