



**BOSPHORUS INTERNATIONAL PRESCHOOL
MENU SEPTEMBER 2022**

SEP 5 - 9			
Monday	Whole meal apple raisin cookies, lemonade	ORIENTATION MEETINGS	HALF DAY ALL CLASSES ALL WEEK
Tuesday	Watermelon, white cheese	Carrot & orange soup, cheese pie, tomato salad, yogurt	HALF DAY ALL CLASSES ALL WEEK
Wednesday	Omelet, tomatoes, bread	Lentil vegetable casserole, rice , yogurt, carrot salad	HALF DAY ALL CLASSES ALL WEEK
Thursday	Simit, cream cheese, cucumbers	Meatballs in sauce, zucchini au-gratin, cracked wheat rice	HALF DAY ALL CLASSES ALL WEEK
Friday	White cheese, cucumbers, olives, bread, butter	Spinach soup, pasta with tomato basil sauce, cheese, seasonal salad	HALF DAY ALL CLASSES ALL WEEK
SEP 12-16			
Monday	Tomato omelet, bread	Pinto beans in sauce, rice, yogurt, seasonal salad	Bananas, honey, yogurt
Tuesday	Simit, cheese, cucumbers	İzmir meatballs, bulgur rice, chard in sauce	Mixed fruit, dried fruit
Wednesday	Bread, butter, bananas, honey	Vegetable soup, assorted pastries, yogurt, tomato salad	Carrot, cucumber, red pepper platter, tuna dip
Thursday	Cheese on toast	Roast chicken, baked potatoes, peas with onion in sauce	Fresh fruit cake
Friday	White cheese, cucumbers, olives, bread, butter	Mincemeat pasta bake, garlic bread, green salad	Watermelon, white cheese
SEP 19-23			
Monday	Cheese on toast	Bean vegetable casserole, rice, yogurt	Humus, vegetable sticks
Tuesday	Simit, cucumber, cheese	Meat loaf, mashed potatoes, roast carrots, sweetcorn	Fruit kebabs
Wednesday	Hard boiled eggs, bread, tomatoes	Lentil soup, cheese pide, kidney bean salad, yogurt	Apples, pears, raisins
Thursday	Bread, butter, apple slices	Fish patties, bulgur rice, steamed vegetables	Whole wheat banana muffin
Friday	Tomatoes, olives, cheese, bread	Carrot soup, pasta with vegetable sauce, cheese, green salad	Fruit yogurt smoothie
SEP 26-30			
Monday	Cheese omelet, bread, cucumbers	Ezogelin soup, sandwich selection, shepherds salad	Fruit platter
Tuesday	Bread, butter, bananas	Meatballs, tomato rice, green beans in sauce	Homemade cheese pastry (pogaca), fruit slices
Wednesday	Cheese on toast	Roast chicken, bulgur rice, rocket salad	Humus vegetable sticks, pita bread
Thursday	Simit, tomato, cream cheese	Stuffed zucchini and pepper, baked potatoes, yogurt, tomato salad	Apple tart
Friday	White cheese, olives, tomatoes, bread	Tomato soup, pasta with vegetable cream sauce, cheese, seasonal salad	Yogurt, honey, fruit slices