



**BOSPHORUS INTERNATIONAL PRESCHOOL  
MENU FEBRUARY 2026**

<b>FEB 02-06</b>			
Monday	Omelet, tomatoes, bread	Lentil vegetable casserole, rice, yogurt, carrot salad	Cheese cubes, vegetable sticks, raisins
Tuesday	Cheese on toast, cucumbers	Grilled meatballs, zucchini patties, yogurt dip (haydari), potatoes au gratin	Seasonal fruit plate
Wednesday	Bananas, bread, butter	Broccoli soup, cheese pide, shepherds salad, yogurt	Carrot & orange whole wheat muffins
Thursday	Simit, cream cheese, tomatoes	Turkey with red pepper & tomatoes, cracked wheat rice, steamed broccoli	Fruit slices, yogurt & honey
Friday	White cheese, olives, cucumbers, bread	Lentil soup, pasta & tomato sauce, cheese, spinach salad	Fruit salad
<b>FEB 09-13</b>			
Monday	Omelet, tomatoes, bread	Cheese potato bake, pinto beans in sauce, yogurt	Vegetable sticks, humus, pita bread
Tuesday	White cheese, olives, cucumbers, bread	Meatloaf, noodles, roast carrots, sweetcorn	Apples, pears, oranges, kiwis
Wednesday	Apples, bread, butter	Zucchini soup, assorted sandwiches, vegetable sticks, dip	Seasonal fruit, dried fruit
Thursday	Cheese on toast, tomatoes	Turkey schnitzel, rice, peas in sauce	Semolina with ice-cream
Friday	Valentine cookies, lemonade	Spinach soup, pasta & tomato basil sauce, cheese, carrot salad	Fresh fruit yogurt
<b>FEB 16-20</b>			
Monday	Tomato omelet, bread	Bean & vegetable casserole, rice, yogurt	Fruit plate
Tuesday	Bread, white cheese, olives, tomatoes	Meatballs in tomato sauce, mashed potatoes, cauliflower au gratin	Vegetable sticks, cheese cubes, raisins
Wednesday	Apple slices, bread, butter	Tomato star soup, cheese pie, carrot & cucumber sticks, yogurt	Seasonal fruit, dried apricots
Thursday	Cheese on toast	Roast turkey, cracked wheat rice, green beans in sauce	Apple crumble, cream
Friday	Simit, cream cheese, cucumbers	Lentil vegetable soup, pasta & tomato cream sauce, cheese, shepherds salad	Bananas, yogurt, honey
<b>23 to 27 February - Half Term Break - Preschool closed</b>			

**HAPPY VALENTINE'S DAY!**