



**BOSPHORUS INTERNATIONAL PRESCHOOL
MENU FEBRUARY 2023**

JAN 30 – FEB 03			
Monday	Cheese on toast, tomatoes	Lentil vegetable casserole, rice, yogurt, carrot salad	Apple tart
Tuesday	Omelet, cucumbers, bread	Hamburgers, roast potato wedges, vegetable sticks, dip	Fruit yogurt
Wednesday	Apple slices, bread, butter	Broccoli soup, cheese pide, kidney bean salad, yogurt	Oranges, pears, figs
Thursday	White cheese, olives, cucumbers, bread	Roast chicken & onion, cracked wheat rice, zucchini au gratin	Homemade cheese straws, mandarins
Friday	Simit, cream cheese, tomatoes	Carrot & orange soup, pasta with tomato sauce, cheese, seasonal salad	Seasonal fruit, cranberries
FEB 06-10			
Monday	Omelet, bread, tomatoes	Cheese pie, green beans in sauce, yogurt	Apple oatmeal cookies
Tuesday	Bananas, bread, butter	Meatballs in tomato sauce, mashed potatoes, cauliflower au gratin	Cheese cubes, carrot sticks, raisins
Wednesday	White cheese, olives, cucumbers, bread, jam	Bean & vegetable casserole, rice, yogurt	Homemade poça, mandarins & oranges
Thursday	Cheese on toast, tomatoes	Fish patties, vegetable cracked wheat rice, steamed broccoli	Apples, pears, oranges, kiwis
Friday	Simit, cream cheese, cucumbers	Spinach soup, mincemeat pasta bake, seasonal salad	Fruit platter
FEB 13-17			
Monday	Simit, cheese cubes, cucumbers	Ezo gelin soup, pasta & tomato basil sauce, cheese, shepherds salad	Fruit kebabs
Tuesday	Valentine cookies	Baked meatballs, potatoes au gratin, spinach in sauce	Seasonal fruit, dried apricots
Wednesday	Tomato omelet, bread	Chickpea vegetable casserole, rice, yogurt	Vegetable sticks, white cheese cubes
Thursday	Cheese on toast	Roast chicken with red peppers & onion, cracked wheat rice, rocket salad	Carrot & orange whole wheat muffins
Friday	Bread, white cheese, olives, tomatoes	Margarita & vegetable pizza, green salad	Bananas, yogurt, honey
20 to 24 February Half Term Break			
Feb 27 - Mar 03			
Monday	Omelet, cucumbers, bread	Pinto bean vegetable casserole, tomato rice, yogurt	Cheese cubes, carrot sticks, raisins
Tuesday	Cheese on toast, tomatoes	Roast chicken & onion, cracked wheat rice, zucchini au gratin	Cinnamon buns
Wednesday	Apple slices, bread, butter	Lentil soup, assorted pastries, shepherds salad, yogurt	Oranges, pears, figs
Thursday	White cheese, olives, cucumbers, bread	Grilled meatballs, roast potatoes, chard in sauce	Homemade cheese straws, mandarins
Friday	Simit, cream cheese, tomatoes	Tomato soup, pasta with vegetable sauce, cheese, seasonal salad	Fruit yogurt

HAPPY VALENTINE'S DAY!