



**BOSPHORUS INTERNATIONAL PRESCHOOL
MENU NOVEMBER 2025**

NOV 03-07			
Monday	Omelet, tomatoes, bread	Lentil vegetable casserole, rice, yogurt, carrot salad	Humus, carrot & cucumber sticks, pita bread
Tuesday	Simit, cream cheese, cucumbers	Grilled meatballs, roast potatoes, zucchini patties & dip	Fruit salad
Wednesday	Cucumbers, olives, white cheese, bread	Margarita & vegetable pizza, shepherd's salad	Mandarins, pears, dried apricots
Thursday	Cheese on toast, tomatoes	Roast turkey, cracked wheat rice, cauliflower au gratin	Crepes, bananas, honey, cream
Friday	Apple slices, bread, butter	Spinach soup, pasta & tomato basil sauce, cheese, veg sticks	Fruit yogurt
NOV 10-14			
Monday	Omelet, tomatoes, bread	Cheese potato pie, pinto beans in sauce, yogurt	Apple oatmeal cookies
Tuesday	Simit, cream cheese, cucumbers	Vegetable meatballs, rice, peas & onions in sauce	Cheese straws, mandarins
Wednesday	Bananas, bread, butter	Tomato star soup, cheese pie, shepherds salad, yogurt	Seasonal fruit platter
Thursday	Cheese on toast, tomatoes	Baked turkey with vegetables, cracked wheat rice, spinach in sauce	Carrot sticks, cheese cubes, raisins
Friday	White cheese, olives, cucumbers, bread	Zucchini soup, pasta with tomato sauce, cheese, spinach salad	Fruit slices, yogurt, honey
NOV 17-21			
Monday	Simit, cream cheese, tomatoes	Meatball vegetable casserole, cracked wheat rice, steamed broccoli	Oranges, kiwi, pears, dried figs
Tuesday	Omelet, cucumbers, bread	Chickpea vegetable casserole, rice, yogurt	Homemade pastry (açma), cheese cubes, carrot sticks
Wednesday	Banana slices, bread, butter	Ezo gelin soup, cheese and tomato pide, green salad, yogurt	Seasonal fruit
Thursday	Cheese on toast, tomatoes	Turkey schnitzel, potato puree, green beans in sauce	Whole wheat carrot muffins
Friday	White cheese, olives, cucumbers, bread	Carrot soup, pasta with vegetable sauce, cheese, rocket tomato salad	Fruit smoothie
NOV 24-28			
Monday	Omelet, tomatoes, bread	Bean vegetable casserole, rice, yogurt	Humus, vegetable platter
Tuesday	Simit, cheese cubes, cucumbers	Beef chilli, noodles, roast cauliflower & carrots	Seasonal fruit, dried fruit
Wednesday	Bananas, bread, butter	Red lentil soup, assorted sandwiches, veg sticks, dip	Fruit yogurt
Thursday	Cheese on toast	Pumpkin soup, roast turkey, mashed potatoes, sweet corn, steamed green beans & carrots	Apple pie, ice cream Happy Thanksgiving
Friday	White cheese, olives, cucumbers, bread	Broccoli soup, mincemeat pasta bake, shepherds salad	Fruit salad

**The menu may be subject to change without notice*

HAPPY THANKSGIVING!