



BOSPHORUS INTERNATIONAL PRESCHOOL
MENU JANUARY 2026

JAN 05-09			
Monday	Omelet, tomatoes, bread	Lentil vegetable casserole, rice, yogurt	Humus, carrot & cucumber sticks,
Tuesday	Simit, cream cheese, cucumbers	Grilled meatballs, zucchini patties, yogurt dip, mashed potatoes	Mixed fruit platter
Wednesday	Bananas, bread, butter	Broccoli soup, margarita & vegetable pizza, shepherds salad	Apple oatmeal cookies
Thursday	Cheese on toast, tomatoes	Turkey vegetable casserole, cracked wheat rice, steamed broccoli	Carrot sticks, cheese cubes, raisins
Friday	White cheese, olives, cucumbers, bread	Spinach soup, mincemeat pasta bake, roast carrots & cauliflower	Fruit yogurt
JAN 12-16			
Monday	Omelet, cucumbers, bread	Cheese potato bake, pinto beans in sauce, yogurt	Cheese straws, apples, oranges
Tuesday	Cheese on toast, tomatoes	Turkey schnitzel, tomato rice, peas in sauce	Mixed fruit, dried figs
Wednesday	Apple slices, bread, butter	Lentil soup, cheese & tomato pide, yogurt, spinach salad	Seasonal fruit
Thursday	Simit, cucumbers, cheese	Vegetable meatballs, cracked wheat rice, roast cauliflower	Carrot raisin muffins
Friday	White cheese, tomatoes, olives, bread	Carrot soup, pasta & tomato cream sauce, cheese, steamed broccoli	Fresh fruit salad
JAN 19-23			
Monday	Tomato omelet, bread	Bean & vegetable casserole, rice, yogurt	Carrot sticks, cheese cubes, raisins
Tuesday	Simit, cream cheese, cucumbers	Fish patties, cracked wheat rice, cauliflower au gratin	Apples, oranges, kiwis
Wednesday	Pear slices, bread, butter	Tomato star soup, cheese pie, shepherd's salad, yogurt	Fruit platter, dried figs
Thursday	Cheese on toast	Meatballs in sauce, baked potatoes, steamed vegetables	Fresh fruit cake
Friday	White cheese, olives, tomatoes, bread	Vegetable lentil soup, pasta with tomato basil sauce, cheese, carrot & cucumber sticks	Bananas, yogurt with honey
JAN 26-30			
Monday	Omelet, cucumbers, bread	Ezo gelin soup, assorted sandwiches, shepherds salad	Fruit yogurt smoothie
Tuesday	Bananas, bread, butter	Roast turkey, cracked wheat rice, green beans in sauce	Apple and blackberry crumble, cream
Wednesday	Cheese on toast, tomatoes	Chickpea vegetable casserole, rice, yogurt	Vegetable sticks, humus
Thursday	White cheese, olives, cucumbers, bread	Grilled meatballs, mashed potatoes, chard in sauce	Homemade savoury bun (poaça) mandarins
Friday	Simit, cream cheese, tomatoes	Broccoli soup, pasta with vegetable sauce, spinach salad	Orange, pears, dried figs

