



**BOSPHORUS INTERNATIONAL PRESCHOOL
MENU MARCH 2026**

MAR 02- MAR 06			
Monday	Simit, cheese cubes, cucumbers	Lentil vegetable casserole, rice, yogurt	Humus, carrot & cucumber sticks
Tuesday	White cheese, olives, cucumbers, bread	Fish patties, cracked wheat rice, peas in sauce	Apple crumble, cream
Wednesday	Tomato omelet, bread	Ezo gelin soup, assorted sandwiches, shepherds salad	Seasonal fruit, raisins
Thursday	Cheese on toast, cucumbers	Grilled meatballs, spinach potato rissoles, yogurt dip (haydari), noodles	Fruit salad
Friday	Scrambled eggs, bread, tomatoes	Pumpkin soup, pasta with tomato cream sauce, cheese, vegetable sticks	Fruit slices, yogurt, honey
MAR 09-13			
Monday	Herb omelet, tomatoes, bread	Bean & vegetable casserole, rice, yogurt	Carrot sticks, cheese cubes, raisins
Tuesday	Cheese on toast, cucumbers	Turkey with red pepper, cracked wheat rice, cauliflower au gratin	Apple oatmeal cookies
Wednesday	Cream cheese, bread, tomatoes, cucumbers	Zucchini soup, cheese pide, shepherds salad, yogurt	Oranges, pears, dried figs
Thursday	Simit, cheese cubes, tomatoes	Meatball vegetable casserole, mashed potatoes, steamed broccoli	Fruit salad
Friday	White cheese, olives, cucumbers, bread	Lentil soup, pasta with tomato basil sauce, shepherds salad	Fruit slices, yogurt, honey
MAR 16-18			
Monday	Simit, cheese, tomatoes	Turkey casserole, cracked wheat rice, zucchini au gratin	Seasonal fruit, dried figs
Tuesday	Omelet, cucumbers, bread	Chickpea vegetable casserole, rice, yogurt	Cheese cubes, carrot sticks, raisins
Wednesday	White cheese, olives, tomatoes, bread	Carrot soup, mincemeat pasta bake, spinach salad	Pancakes, bananas, honey, cream
Thursday	SCHOOL	CLOSED	FOR
Friday		ŞEKER BAYRAM	
MAR 23-27			
Monday	Tomato omelet, bread	Pinto bean vegetable casserole, rice, yogurt	Hummus, carrot & cucumber sticks, pide
Tuesday	Cheese on toast	Meatballs in sauce, baked potatoes, steamed vegetables	Carrot & orange muffins, mandarins
Wednesday	Hard boiled eggs, bread, butter	Broccoli soup, cheese pie, carrot salad, yogurt	Seasonal fruit plate
Thursday	Simit, cream cheese, tomatoes	Roast turkey, cracked wheat rice, green beans in sauce	Fruit yogurt
Friday	White cheese, olives, cucumbers, bread	Spinach soup, pasta with vegetable sauce, cheese, vegetable sticks	Oranges, apples, dried apricots

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