



**BOSPHORUS INTERNATIONAL PRESCHOOL
MENU FEBRUARY 2024**

FEB 03-07			
Monday	Omelet, tomatoes, bread	Lentil vegetable casserole, rice, yogurt, rocket salad	Cheese cubes, carrot & cucumber 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	Apple & blackberry crumble, cream
Thursday	Simit, cream cheese, tomatoes	Turkey with red pepper & tomatoes, cracked wheat rice, steamed broccoli & peas	Fruit slices, yogurt & honey
Friday	White cheese, olives, cucumbers, bread	Lentil soup, pasta & tomato sauce, cheese, seasonal salad	Fruit salad
FEB 10-14			
Monday	Omelet, bread, tomatoes	Cheese potato bake, pinto beans in sauce, yogurt	Vegetable sticks, humus, pita bread
Tuesday	White cheese, olives, cucumbers, bread	Beef chilli, rice, roast carrots, sweetcorn	Apples, pears, oranges, kiwis
Wednesday	Apples, bread, butter	Tomato soup, cheese pie, carrot & cucumber sticks, yogurt	Seasonal fruit, dried fruit
Thursday	Cheese on toast, tomatoes	Turkey casserole, noodles, broccoli au gratin	Semolina with ice-cream
Friday	Valentine cookies, lemonade	Spinach soup, pasta & tomato basil sauce, cheese, roast zucchini	Fresh fruit yogurt
FEB 17-21			
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	Zucchini soup, assorted sandwiches, carrot salad	Seasonal fruit, dried apricots
Thursday	Cheese on toast	Roast turkey, cracked wheat rice, green beans in sauce	Carrot & orange whole wheat muffins
Friday	Simit, cream cheese, cucumbers	Lentil vegetable soup, pasta & tomato cream sauce, cheese, shepherds salad	Bananas, yogurt, honey
24 to 28 February Half Term Break			

H A P P Y V A L E N T I N E ' S D A Y !