



# BISI Summer Camp: 2023 Menu

Parents will be informed in the event that menu items change.

## Session One

3 July Monday	4 July Tuesday	5 July Wednesday	6 July Thursday	7 July Friday
<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>
Lentil Soup (55 kcal) L, V	Broccoli Soup (58 kcal) V	Special Turkish Meat Soup (90 kcal)	Tomato Soup (80 kcal) Vv, L	Blended Lentil Soup (55 kcal) Vv, L
Turkish Ravioli with Minced Meat (218 kcal)	Meat Casserole with Potato and Carrot (143 kcal)L, G	Pizza Margharita (186 kcal) V	Chicken Finger with Gravy Sauce (265 kcal)	BISI Burger (295 kcal) L
Tomato Sauce (68 kcal) G, L, Vv	Bulgur Wheat (149 kcal) Vv, L		Fusilli with Cheese (127 kcal) V	French Fries (312 kcal) Vv, G, L
				Yoghurt Drink (156 kcal) V, G
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Turkish Ravioli with Potato Filling (98 kcal) V	Casserole with Mix Vegetable (104 kcal) Vv, G, L	Pizza Margharita (186 kcal) V	Lentil Balls (130 kcal) Vv, L, G	Falafel (333 kcal) V
<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>
Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L
<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>
Egg - Crackers	Cheese Toast - Cucumber - Carrot	Cornflakes - Milk	Cracker - Labneh Cheese	Yoghurt with Fruit
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Salads	Salads	Salads	Salads	Salads
Appetisers	Appetisers	Appetisers	Appetisers	Appetisers
Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Fruit (70 kcal) Vv, G, L	Dessert	Dessert	Fruit (70 kcal) Vv, G, L	Dessert
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Ice Cream

\*\*\* Calories are calculated per 100gr. Portions\*\*\*

Meaning of the Letters V,Vv,G,L: V for Vegetarian, Vv for Vegan, G for Gluten Free, L for Lactose Free



# BISI Summer Camp: 2023 Menu

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## Session Two

10 July Monday	11 July Tuesday	12 July Wednesday	13 July Thursday	14 July Friday
<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>
Blended Lentil Soup (55 kcal) L, Vv	Zucchini Soup (22 kcal) V	Yoghurt Soup (88 kcal) V	Lentil Soup (55 kcal) Vv, L	Minestrone Soup (53 kcal) Vv, L, G
Chicken Doner (124 kcal) G, L	Eggplant with Bechamel Sauce, Sauteed Meat on Top (174 kcal)	Lasagne (181 kcal)	Bean and Meat Casserole (143 kcal) G, L	Grilled Chicken (110 kcal) G, L
French Fries (312 kcal) Vv, G, L	Mashed Potatoes (88 kcal) V, G		Rice (175 kcal) G, Vv, L	Bulgur Wheat (149 kcal) Vv, L
Tortilla and Yoghurt Sauce with Garlic (185 kcal) V				Boiled Vegetables (Broccoli, Carrots, Peas) (30 kcal) Vv, G, L
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Vegetable Gratin (122 kcal) Vv, G, L	Vegetable Kebab (54 kcal) Vv, L, G	Vegetable Lasagne (129 kcal) V	Bean Casserole (97 kcal) Vv, L, G	Baked Mix Vegetables (48 kcal) Vv, L, G
<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>
Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L
<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>
Egg - Crackers	Cheese Toast - Cucumber - Carrot	Cornflakes - Milk	Cracker - Labneh Cheese	Yoghurt with Fruit
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Salads	Salads	Salads	Salads	Salads
Appetisers	Appetisers	Appetisers	Appetisers	Appetisers
Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V

<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Fruit (70 kcal) Vv, G, L	Dessert	Dessert	Fruit (70 kcal) Vv, G, L	Dessert
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Ice Cream

\*\*\* Calories are calculated per 100gr. Portions\*\*\*

Meaning of the Letters V,Vv,G,L: V for Vegetarian, Vv for Vegan, G for Gluten Free, L for Lactose Free



# BISI Summer Camp: 2023 Menu

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## Session Three

17 July Monday	18 July Tuesday	19 July Wednesday	20 July Thursday	21 July Friday
<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>
Lentil Soup (55 kcal) L, V	Broccoli Soup (58 kcal) V	Special Turkish Meat Soup (90 kcal)	Blended Lentil Soup (55 kcal) L, Vv	Mushroom Soup (39 kcal) V
Spaghetti Bolonez (131 kcal) L	Turkey Tandoori (134 kcal) L, G	Pizza Margharita (186 kcal) V	Special Fried Meatballs (380 kcal)	Mix Sandwiches (244 kcal) V
Grated Cheese (425 kcal) V, G	Sliced Pasta (244 kcal) V, L		Mashed Potatoes ( 88 kcal) V, G	Yoghurt Drink (156 kcal) V, G
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Spagetti (101 kcal) V, L	Zucchini Gratin (101 kcal) V	Pizza Margharita (186 kcal) V	Zucchini Fritters (145 kcal) Vv, L	Mix Sandwiches (244 kcal) V
<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>
Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L
<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>
Egg - Crackers	Cheese Toast - Cucumber - Carrot	Cornflakes - Milk	Cracker - Labneh Cheese	Yoghurt with Fruit
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Salads	Salads	Salads	Salads	Salads
Appetisers	Appetisers	Appetisers	Appetisers	Appetisers
Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Fruit (70 kcal) Vv, G, L	Dessert	Dessert	Fruit (70 kcal) Vv, G, L	Dessert
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Ice Cream
*** Calories are calculated per 100gr. Portions***				
Meaning of the Letters V,Vv,G,L: V for Vegetarian, Vv for Vegan, G for Gluten Free, L for Lactose Free				



# BISI Summer Camp: 2023 Menu

*Parents will be informed in the event that menu items change.*

## Session Four

24 July Monday	25 July Tuesday	26 July Wednesday	27 July Thursday	28 July Friday
<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>
Lentil Soup (55 kcal) L, V	Soup with Pasta D'orzo (91 kcal) V	Tomato Soup (80 kcal) Vv, L	Blended Lentil Soup (55 kcal) L, Vv	Mushroom Soup (39 kcal) V
Peas and Meat Casserole (79 kcal) G, L	Chicken Fajita (207 kcal) L	Bisi Pizza (121 kcal) V	Lentil Casserole with Minced Meat (140 kcal) L	Cheeseburger (257 kcal)
Rice (175 kcal) G, Vv, L	Tortilla V		Sliced Pasta (244 kcal) V, L	French Fries (312 kcal) Vv, G, L
				Yoghurt Drink (156 kcal) V, G
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Peas Stew (66 kcal) G, L, Vv	Soy sauce with Mushroom (53 kcal) V, L	Bisi Pizza (121 kcal) V	Lentil Stew with Pasta (160 kcal)Vv, L	Vegetable Balls (116 kcal) V, L
<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>
Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L
<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>
Egg - Crackers	Cheese Toast - Cucumber - Carrot	Cornflakes - Milk	Cracker - Labneh Cheese	Yoghurt with Fruit
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Salads	Salads	Salads	Salads	Salads
Appetisers	Appetisers	Appetisers	Appetisers	Appetisers
Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Fruit (70 kcal) Vv, G, L	Dessert	Dessert	Fruit (70 kcal) Vv, G, L	Dessert
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Ice Cream
*** Calories are calculated per 100gr. Portions***				
Meaning of the Letters V,Vv,G,L: V for Vegetarian, Vv for Vegan, G for Gluten Free, L for Lactose Free				



# BISI Summer Camp: 2023 Menu

Parents will be informed in the event that menu items change.

## Session Five

31 July Monday	1 August Tuesday	2 August Wednesday	3 August Thursday	4 August Friday
<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>
Lentil Soup (55 kcal) L, V	Mushroom Soup (39 kcal) V	Special Turkish Meat Soup (90 kcal)	Pea Soup (61 kcal) V	Minestrone Soup (53 kcal) Vv, L, G
Turkish Ravioli with Minced Meat (218 kcal)	Chickpeas and Meat Casserole (165 kcal) G, L	Pizza Margherita (186 kcal) V	Aubergine Filled with Minced Meat (55 kcal) L, G	Grilled Chicken (110 kcal) G, L
Tomato Sauce (68 kcal) G, L, Vv	Rice (175 kcal) Vv, G, L		Rice (175 kcal) G, Vv, L	Bulgur Wheat (149 kcal) Vv, L
				Boiled Vegetables (Broccoli, Carrots, Peas) (30 kcal) Vv, G, L
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Turkish Ravioli with Potato Filling (98 kcal) V	Chickpeas Casserole (132 kcal) G, Vv, L	Pizza Margharita (186 kcal) V	Oven Baked Vegetables (96 kcal) V, G, L	Baked Mix Vegetables (48 kcal) Vv, L, G
<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>
Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L
<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>
Egg - Crackers	Cheese Toast - Cucumber - Carrot	Cornflakes - Milk	Cracker - Labneh Cheese	Yoghurt with Fruit
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Salads	Salads	Salads	Salads	Salads
Appetisers	Appetisers	Appetisers	Appetisers	Appetisers
Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Fruit (70 kcal) Vv, G, L	Dessert	Dessert	Fruit (70 kcal) Vv, G, L	Dessert
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Ice Cream
*** Calories are calculated per 100gr. Portions***				
Meaning of the Letters V,Vv,G,L: V for Vegetarian, Vv for Vegan, G for Gluten Free, L for Lactose Free				



# BISI Summer Camp: 2023 Menu

Parents will be informed in the event that menu items change.

## Session Six

7 August Monday	8 August Tuesday	9 August Wednesday	10 August Thursday	11 August Friday
<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>	<b>MAIN DISH</b>
Blended Lentil Soup (55 kcal) L, Vv	Soup with Pasta D'orzo (91 kcal) V	Tomato Soup (80 kcal) Vv, L	Yoghurt Soup (88 kcal) V	Lentil Soup (45 kcal) Vv, L
Chicken Doner (124 kcal) G, L	Meat Casserole with Green Bean (88 kcal) G, L	Bisi Pizza (121 kcal) V	Turkey Tandoori (188 kcal) L, G	BISI Burger (295 kcal) L
French Fries (312 kcal) Vv, G, L	Bulgur Wheat (149 kcal) Vv, L		Sliced Pasta	French Fries (312 kcal) Vv, G, L
Tortilla and Yoghurt Sauce with Garlic (185 kcal) V				Yoghurt Drink (156 kcal) V, G
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Vegetable Gratin (122 kcal) Vv, G, L	Mushrooms with Soy Sauce (160 kcal) V, G	Bisi Pizza (121 kcal) V	Sauteed Vegetables (58 kcal)	Falafel (333 kcal) V
<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>	<b>2. OPTION</b>
Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L	Baked Potato (195 kcal) Vv, G, L
<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>
Egg - Crackers	Cheese Toast - Cucumber - Carrot	Cornflakes - Milk	Cracker - Labneh Cheese	Yoghurt with Fruit
<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>	<b>SALAD BAR</b>
Salads	Salads	Salads	Salads	Salads
Appetisers	Appetisers	Appetisers	Appetisers	Appetisers
Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V	Yoghurt (76 kcal) G, V
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Fruit (70 kcal) Vv, G, L	Dessert	Dessert	Fruit (70 kcal) Vv, G, L	Dessert
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Fruit (70 kcal) Vv, G, L	Ice Cream
*** Calories are calculated per 100gr. Portions***				
Meaning of the Letters V,Vv,G,L: V for Vegetarian, Vv for Vegan, G for Gluten Free, L for Lactose Free				