

LUNCH MENU

9 August Monday	10 August Tuesday	11 August Wednesday	12 August Thursday	13 August Friday
MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH	MAIN DISH
Lentil Soup (55 kcal)	Yoghurt Soup (88 kcal)	Tandoor Soup (90 kcal)	Peas Doup (61 kcal)	Traditional Turkish Soup-Ezogelin (90 kcal)
Meat Pea Stew(79 kcal)	Spinach Chicken Graten (60 kcal)	Pizza (186 kcal)	Turkish Stuffed Eggplants (175 kcal)	Bean Stew with Meat (327 kcal)
Rice (175 kcal)	Turkish Sliced Pasta (244 kcal)	Yoghurt Drink (156 kcal)	Bulghur Wheat (149 kcal)	Rice(175 kcal)
2. OPTION	2. OPTION	2. OPTION	2. OPTION	2. OPTION
Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)	Baked Potato (195 kcal)
SNACK	SNACK	SNACK	SNACK	SNACK
Melon	Watermelon	Fresh Juice - Pastry	Rusk - Labneh Cheese	Watermelon
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Lettuce(14 kcal)	Lettuce(14 kcal)	Mediterranean Salad(14 kcal)	Sliced Cucumber, Tomatoes, and Peppers (88 kcal)	Lettuce(14 kcal)
Grated Carrots (10 kcal)	Grated Carrots (10 kcal)	Grated Carrots (10 kcal)	Tzatziki (41 kcal)	Grated Carrots (10 kcal)
Turkish Okra in Olive Oil (43 kcal)	Green Lentil Salad (108 kcal)	Artichokes with Olive Oil (42 kcal)	Chopped up mixed peppers and tomatoes (100 kcal)	Mixed Pickle (10 kcal)
Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt (76 kcal)	Yoghurt (76 kcal)	Zucchini Tarator (102 kcal)
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fruit(70 kcal)	Biscuits (215 kcal)	Supongle(122 kcal)	Fruit(70 kcal)	Apple Pie (278 kcal)
SNACK	SNACK	SNACK	SNACK	SNACK
Chocolate Cake	Biscuits - Milk	Banana	Yoghurt with Fruit	Fruit Cake