



**BOSPHORUS INTERNATIONAL PRESCHOOL
MENU MARCH 2024**

MAR 03- MAR 07			
Monday	Tomato omelet, bread	Lentil vegetable casserole, rice, yogurt, carrot salad	Seasonal fruit, raisins
Tuesday	Simit, cheese cubes, cucumbers	Grilled meatballs, spinach potato rissoles, yogurt dip (haydari), noodles	Banana muffins, mandarins
Wednesday	Bananas, bread, butter	Broccoli soup, cheese pide, shepherds salad, yogurt	Humus, carrot & cucumber sticks
Thursday	Cheese on toast, tomatoes	Turkey with red pepper, cracked wheat rice, green beans in sauce	Savoury pastry (poaça), apple slices
Friday	White cheese, olives, cucumbers, bread	Carrot soup, mincemeat pasta bake, vegetable sticks	Fruit yogurt
MAR 10-14			
Monday	Herb omelet, tomatoes, bread	Bean & vegetable casserole, rice, yogurt	Carrot sticks, cheese cubes, raisins
Tuesday	Cheese on toast, cucumbers	Fish patties, cracked wheat rice, peas, roast cauliflower	Apple oatmeal cookies
Wednesday	Apple slices, bread, butter	Broccoli soup, cheese pie, tomato salad, yogurt	Oranges, pears, dried figs
Thursday	Simit, cream cheese, 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 17-21			
Monday	White cheese, olives, tomatoes, bread	Turkey casserole, cracked wheat rice, zucchini au gratin	Bananas, yogurt, honey
Tuesday	Omelet, cucumbers, bread	Chickpea vegetable casserole, rice, yogurt	Mini sandwiches
Wednesday	Apples, bread, butter	Margarita & vegetable pizza, shepherds salad	Carrot & orange whole meal muffins
Thursday	Simit, cream cheese, tomatoes	Grilled meatballs, sautéed potatoes, steamed peas	Homemade cheese straws, mandarins
Friday	Cheese on toast, cucumbers	Zucchini soup, pasta & tomato sauce, cheese, spinach salad	Fruit platter
MAR 24-28			
Monday	Tomato omelet, bread	Cheese potato bake, pinto bean vegetable casserole, yogurt	Hummus, carrot & cucumber sticks, pita bread
Tuesday	Cheese on toast	Meatballs in sauce, tomato rice, roast cauliflower	Fruit yogurt
Wednesday	Bananas, bread, butter	Lentil vegetable soup, assorted sandwiches, shepherds salad	Apple blackberry crumble, cream
Thursday	Simit, cream cheese, tomatoes	Roast turkey, cracked wheat rice, green beans in sauce	Savoury star cookies, apple slices
Friday	White cheese, olives, cucumbers, bread	Spinach soup, pasta with vegetable sauce, cheese, carrot salad	Oranges, pears, kiwi, dried apricots