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# *BOSPHORUS INTERNATIONAL* PRESCHOOL

**MENU FEBRUARY 2024**

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| **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 |
| **19 to 23 February Half Term Break** | | | |

**H A P P Y V A L E N T I N E ‘S D A Y!**