



**BOSPHORUS INTERNATIONAL PRESCHOOL
MENU OCTOBER 2024**

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| SEP 30 – OCT 04 | | | |
| Monday | Cheese on toast | Lentil vegetable casserole, rice, yogurt, spinach salad | Carrot sticks, cheese cubes, raisins |
| Tuesday | Olives, tomatoes, white cheese, bread | Hamburgers, roast potatoes, steamed carrots, broccoli | Fruit kebab |
| Wednesday | Bananas, bread, butter | Margarita & vegetable pizza, seasonal salad | Apples, pears, grapes |
| Thursday | Simit, cheese, cucumbers | Roast chicken, cracked wheat rice, purslane in sauce | Banana bread |
| Friday | Tomato omelet, bread | Zucchini soup, pasta & tomato sauce, cheese, rocket salad | Fruit yogurt smoothie |
| OCT 07 - 11 | | | |
| Monday | Apple slices, bread, butter | Cheese potato pie, pinto beans in sauce, yogurt | Humus, vegetable sticks, pita bread |
| Tuesday | Simit, cheese, tomatoes | Vegetable meatballs, rice, spinach in sauce | Seasonal fruit plate |
| Wednesday | Omelet, cucumbers, bread | Lentil soup, cheese & tomato pite, white bean salad, yogurt | Whole wheat apple muffins |
| Thursday | Cheese on toast | Roast chicken, vegetable bulgur rice, roast cauliflower | Grapes, apples, dried apricots |
| Friday | Olives, tomatoes, white cheese, bread | Carrot soup, pasta & vegetable sauce, grated cheese, green salad | Yogurt with honey, fruit slices |
| OCT 14 - 18 | | | |
| Monday | Tomato omelet, bread | Bean vegetable casserole, rice, yogurt, seasonal salad | Carrot sticks, cheese cubes, raisins |
| Tuesday | Cheese on toast, cucumbers | Grilled meatballs, potatoes au gratin, chard in sauce | Apples, pears, dried apricots |
| Wednesday | White cheese, olives, tomatoes, bread | Tomato soup, assorted pastries, green lentil salad, yogurt | Fresh fruit kebab, |
| Thursday | Simit, tomatoes, cream cheese | Chicken vegetable casserole, cracked wheat rice, yogurt | Apple blackberry crumble, cream |
| Friday | Fruit slices, bread, butter | Lentil soup, pasta & tomato basil sauce, grated cheese, green salad | Fruit yogurt smoothie |
| OCT 21 - 25 | | | |
| Monday | White cheese, olives, tomatoes, jam, bread | Broccoli soup, mincemeat pasta bake, garlic bread, green salad | Mixed fruit platter |
| Tuesday | Cheese on toast, cucumbers | Fish patties, bulgur rice, green beans in sauce | Carrot cake |
| Wednesday | Bananas, bread, butter | Spinach & mincemeat pie, seasonal salad, yogurt | Carrot sticks, cheese cubes, raisins |
| Thursday | Simit, cream cheese, tomatoes | Chickpea casserole, tomato rice, yogurt | Fruit yogurt |
| Friday | Omelet, cucumbers, bread | Lentil vegetable soup, sandwich selection, shepherds salad | Fruit kebab |

28 OCTOBER – 04 NOVEMBER HALF TERM BREAK SCHOOL CLOSED

*Please note that as some products are not always available, occasional last minute changes to the menu may have to be made.