

November 2022 Menu

Date	Morning Snack (Preschool)	Lunch	Afternoon Snack (Preschool)
31.10 Monday	Simit, Feta Cheese, Herbal Tea	Vegetable Soup, Chickpea Stew, Rice, Seasonal Salad	Yogurt with Fruit
01.11 Tuesday	Cheese Omelet, Cucumber, Whole Wheat Bread	Yogurt Soup, İzmir Meatball, Pasta, Celery Salad with Yogurt	Olive Pastry, Herbal Tea
02.11 Wednesday	Cheese, Pretzel, Linden Tea	Wheat Soup, Roasted Turkey, Rice, Yogurt	Pancake, Keystone Jam
03.11 Thursday	Potato Cubes, Boiled Egg	Ezogelin Soup, Sautéed Meat, Bulgur Rice with Vegetables, Ayran	Chocolate Pudding
04.11 Friday	Whole Wheat Bread, Tahini, Molasses, Herbal Tea	Mahluta Soup, Baked Cauliflower, Bead Pasta with Tomato, Carrot Tarator	Fruit Salad

07.11 Monday	Simit, Feta Cheese, Olive, Herbal Tea	Wedding Soup, Green Lentil Stew, Bulgur Rice with Vegetables, Seasonal Salad	Cake, Ayran
08.11 Tuesday	Oatmeal Pastry, Linden Tea	Tomato Soup with Cheese, Potato & Minced Meat, Pasta, Yogurt	Yogurt with Fruit
09.11 Wednesday	Boiled Egg, Whole Wheat Bread, Carrot Slices	Red Lentil Soup & Crouton Cabbage Rolls with Minced Meat, Seasonal Salad, Ayran	Curd Cheese Cookie
10.11 Thursday	Whole Wheat Bread, Butter, Sage Tea	Yogurt Soup, Çökertme Kebab, Seasonal Salad, Yogurt	Popcorn, Smoothie
11.11 Friday	Potato Omelet, Radish Slices	Tarhana Soup, Cheese Pita, Seasonal Salad, Yogurt	Apple Compote, Rusk

First Break

November 14th – 18th, 2022

Date	Morning Snack (Preschool)	Lunch	Afternoon Snack (Preschool)
21.11 Monday	Omelet, Whole Wheat Bread, Rosehip Tea	Wheat Soup with Yogurt, Chickpea Stew, Rice, Keystone Pickles	Carrot Cake
22.11 Tuesday	Cheese Pastry, Herbal Tea	Ezogelin Soup, Meat Roll, Beet Salad, Ayran	Tomato Soup, Crouton
23.11 Wednesday	Knitted Cheese, Olive, Whole Wheat Bread, Herbal Tea	Yogurt Soup, Hasanpaşa Meatball, Rice, Seasonal Salad,	Semolina & Milk Dessert
24.11 Thursday	Crepe, Honey Rosehip Tea	Tarhana Soup, Spinach Gratin, Roasted Turkey, Yogurt	Granola, Milk
25.11 Friday	Cheese Pastry, Herbal Tea	AMERICAN DAY Hamburger, Coleslaw, Pretzel Dessert	Fruit

28.11 Monday	Simit, Feat Cheese, Herbal Tea	Ezogelin Soup, Bean Stew, Rice, Keystone Pickles, Seasonal Salad,	Yogurt with Fruit
29.11 Tuesday	Potato Gozleme, Herbal Tea	Tarhana Soup, Cabbage Rolls Boreq, Yogurt	Apple Compote, Rusk
30.11 Wednesday	Boiled Egg, Whole Wheat Bread, Rosehip Tea	Wedding Soup, Spinach with Minced Meat, Pasta, Yogurt, Seasonal Salad,	Pancake, Herbal Tea, Keystone Jam,

- ✚ Our lunch and snack menu is prepared by a well-known nutritionist Şefika Aydın Selçuk. You can follow her Instagram address @sefdiyet
- ✚ Our vegetables, fruits, legumes, honey, molasses, tahini, jam, and flour come from “İpek Hanım’ın Çiftliği” (www.ipekhanim.com),
- ✚ Our eggs from Green Apple Organik (http:// www.greenappleorganik.com/),
- ✚ Our milk products from Süttaş, Atatürk Orman Çiftliği, and Darbuka Peynircilik,
- ✚ Our meat from Günaydın Kasap (www.gunaydinet.com)
- ✚ Our meals are cooked with American award-winning “Signature” brand olive oil.
- ✚ There may be some changes because of our purchase from “İpek Hanım’ın Çiftliği”.
- ✚ Our kitchen staff knows the necessity of healthy nutrition. The snacks don’t include any sugar, vanillin, or package products. We use honey, molasses, and dried or fresh fruits to sweeten the snacks.