



**BOSPHORUS INTERNATIONAL PRESCHOOL
MENU JANUARY 2021**

JAN 4-8			
Monday	Omelet, cucumbers, bread	Lentil vegetable casserole, rice, carrot salad, yogurt	Cheese cubes, apples, raisins
Tuesday	Simit, cream cheese, tomatoes	Grilled meatballs, mashed potatoes, cauliflower au-gratin	Mandarins, pears, dried apricots
Wednesday	Cheese on toast, tomatoes	Stuffed zucchini and peppers, baked potatoes, yogurt	Oatmeal cookies
Thursday	White cheese, olives, cucumbers, bread	Spinach soup, cheese pide, seasonal salad, yogurt	Fruit kebabs
Friday	Bread, butter, bananas	Lentil soup, pasta with tomato sauce, cheese, green salad	Vegetable sticks & dip
JAN 11-15			
Monday	Tomato omelet, cucumbers,	Cheese & potato bake, spinach casserole, yogurt	Star cookies, apples
Tuesday	Cheese on toast	Roast chicken with vegetables, bulgur rice, steamed broccoli	Mixed fruit, dried figs
Wednesday	Bananas, bread, butter	Margarita & vegetable pizza, seasonal salad	Humus & vegetable sticks
Thursday	Simit, tomatoes, cheese	İzmir style meatballs, tomato rice, chard in sauce	Carrot raisin muffins
Friday	White cheese, cucumbers, olives, bread,	Zucchini soup, pasta with roasted red pepper sauce, cheese, rocket salad	Fresh fruit yogurt
JAN 18-22			
Monday	Tomato omelet, bread	Bean & vegetable casserole, rice, yogurt	Fresh fruit cake
Tuesday	Simit, cream cheese, cucumbers	Fish patties, bulgur rice, steamed carrots & beans	Apples, oranges, kiwis
Wednesday	Bananas, bread, butter	Vegetable soup, assorted pastries, shepherd's salad, yogurt	Dried tomato humus, vegetable platter
Thursday	Cheese on toast	Cottage pie, vegetable cracked wheat, peas & onions in sauce	Carrot sticks, cheese cubes, raisins
Friday	Cheese, tomatoes, bread	Ezogelin soup, pasta with tomato basil sauce, cheese, green salad	Bananas, yogurt with honey
JAN 25-29			
Monday	Omelet, cucumbers, bread	Spinach lentil casserole, mashed potatoes, yogurt	Tuna dip, vegetable sticks
Tuesday	Cheese on toast, tomatoes	Baked chicken & vegetables, bulgur rice, purslane in sauce	Apple and blackberry crumble, cream
Wednesday	Bananas, bread, butter	Beef burgers, pasta salad, vegetable sticks, dip	Oranges, pears, figs
Thursday	Hard boiled eggs, tomatoes, bread	Mince meat & spinach pie, tomato salad, yogurt	Homemade cheese straws, mandarins
Friday	Simit, cream cheese, tomatoes	Lentil soup, pasta with vegetable sauce, cheese, seasonal salad	Fruit yogurt