



THE INTERNATIONAL PRESCHOOL AND KINDERGARTEN

SAMPLE MENU

		10.9.2025 Half-Day Vegetable Lentil & Mint Soup Grilled Meatballs Bulgur Rice Pilaf	11.9.2025 Half-Day Fruit Roasted Red Pepper Soup Mini Meatballs Noodle	12.9.2025 Half-Day Fruit Vermicelli Soup Meat Stew w/ Mixed Veggies Rice Pilaf
15.9.2025 Bread & Cheese & Tomato Daily Milk Wheat Soup w/ Yogurt Peas w/ Minced Meat Bulgur Rice Pilaf Fruit	16.9.2025 Apple & Banana Cake Daily Milk Lentil & Mint Soup Fresh Beans w/ Meat Baked Pasta w/ Veggies Fruit	17.9.2025 Cheesy Cookies Daily Milk Purslane Soup w/ Yogurt Meatballs w/ Pureed Potatoes Tomato Pasta Fruit	18.9.2025 Lentil & Mint Soup Grilled Meatballs w/ Vermicelli Rice Pilaf Homemade Yogurt w/ Fruit	19.9.2025 Fruit Lentil Soup Stuffed Bell Pepper Puff Borek Zebra Cookies Daily Milk
22.9.2025 Simit Daily Milk Yogurt Soup w/ Meatballs Zucchini w/ Minced Meat Noodle Fruit	23.9.2025 Cinnamon Cookies Daily Milk Lebanese Soup Eggplant Mousaka Vermicelli Rice Pilaf Fruit	24.9.2025 Black Olive Bun Daily Milk Tarhana Soup Mix Veggies Mousaka Vermicelli Rice Pilaf Fruit	25.9.2025 Vermicelli Meatball Soup Tomato Pasta Homemade Yogurt w/ Fruit	26.9.2025 Fruit Wheat Soup w/ Yogurt Dry Beans w/ Minced Meat Vermicelli Rice Pilaf Chocolate Pudding Daily Milk
29.9.2025 Bread & Cheese & Tomatoes Daily Milk Lentil Soup Izmir Meatballs Vegetable Spaghetti Fruit	30.9.2025 Fruit Zucchini Soup w/ Corn Potatoes w/ Minced Meat Seasonal Salad Zebra Sandwich Daily Milk			

LOVE, LEARNING & LAUGHTER