

**BOSPHORUS INTERNATIONAL PRESCHOOL  
MENU SEPTEMBER 2010**

<b>Aug. 31 – Sept. 3</b>	<b>SNACK</b>	<b>LUNCH</b>	<b>AFTERNOON SNACK</b>
Tuesday	Milk/ biscuits	-----	1 <sup>st</sup> week – half day for all classes
Wednesday	Simit/milk	Grilled meat balls/noodle rice/sweet corn/carrots	-----
Thursday	Bread/butter/jam/milk	Chicken and vegetable casserole/cracked wheat rice/shepherds salad	1 <sup>st</sup> week – half day for all classes
Friday	Cereals/milk	Margarita Pizza/vegetable pizza carrot/cucumber sticks/dip	-----
<b>Sept. 6 - 8</b>			
Monday	Cereals/milk	Spaghetti with meatballs/grated cheese/green salad	Mixed fruit/baby biscuits
Tuesday	Simit/milk	Chicken burgers/pasta salad/ Zucchini with bechamel sauce	Carrot sticks/cheese cube/grissini
Wednesday	Pancakes/jam/milk	Lentil & vegetable casserole/ rice/yogurt <b>School closes 1pm/Arife.</b>	<b>School closed 9/10 Sept for Bayram</b>
<b>Sept.13 - 17</b>			
Monday	Bread/butter/hard boiled eggs/milk	Baked pasta with cheese sauce/green salad	Mixed fruit/pretzels
Tuesday	Simit/milk	Stuffed zucchini/tomato rice/green salad	Water melon/white cheese
Wednesday	Mixed fruit/crackers	Meatloaf/mashed potatoes/eggplant fritters	Acma / milk
Thursday	Fresh fruit cake / milk	Chicken drumsticks/baked potatoes/ spinach casserole	Seasonal fruit /raisins
Friday	Apples/cheese crackers/milk	Assorted sandwiches(tuna, cheese)/ shepherds salad	Fruit yogurt
<b>Sept.20 - 24</b>			
Monday	Bread/butter/hard boiled eggs/milk	Vegetable soup/pasta with tomato sauce/grated cheese /green salad	Seasonal fruit/crackers
Tuesday	Mixed fruit/crackers	Spinach and lentil casserole /rice/yogurt/seasonal salad	Mini sandwiches/ lemonade
Wednesday	Simit / milk	Grilled meatballs/baked potatoes/carrot salad	Apples/pears/grapes
Thursday	Bread/butter/jam/milk	Bean and vegetable casserole/ rice/yogurt	Fruit salad
Friday	Cereals/milk	Lentil soup/mixed pastries/salad/yogurt	Brownie cupcakes Fruit salad
<b>Sept.27 - Oct.01</b>			
Monday	Cereals/milk	Lasagna / garlic bread/ green salad	Seasonal fruit
Tuesday	Mixed fruit	Grilled chicken meatballs/ cracked wheat and vegetable rice/ chard salad	Carrot sticks / cheese cubes/ crackers
Wednesday	Peaches/ grapes/ crackers	Vegetable Soup/ Cheese Pide/carrot salad	Apple pie/milk
Thursday	Simit/milk	Cottage pie/noodles/steamed broccoli/beans	Fruit /cheese sticks
Friday	Muffin with raisins/ milk	Chicken and green beans in tomato sauce/ mashed potatoes/ shepherds salad	Fruit yogurt

Seker Bayram Holiday - Sept 8 Half day 1pm. Closed 9/10 Sept. First day school Mon, September 13

**I y i B a y r a m l a r !!**