

**Early Birds Istanbul Preschool  
Winter Lunch Menu**

**Breakfast**

Seasonal fruits and vegetable every morning

<b>Lunch</b>	<b>Snack</b>
White bean stew with minced meat, rice, salad	Simit, cream cheese, sage tea
Ezogelin soup (with red lentil, bulgur and rice), pumpkin pie (börek), salad	Baked cheese slice, milk
Special meat stew (tas kebab), mashed potatoes, yoghurt	Turkish scrambled eggs, cucumber, ayran
Green lentil, pasta, seasonal salad	Apple pie, milk
Baked meatballs with vegetables, couscous, salad	Milky semolina dessert, rosehip tea
Juicy meat dish with vegetables, rice, seasonal salad	Carrot cinnamon cake, linden tea
Lentil soup, vegetable cheese roll, yogurt	Mosaic cake, milk
Cauliflower with minced meat, bulgur, salad	Apple cookies, tea
Chickpea meal, rice, salad	Tahini molasses slices, milk
Meatballs with baked vegetables, noodles, yogurt	Cheese toast, ayran
Sautéed meat dish, bulgur with vegetables, salad	Carrot cake, milk
Mixed seasonal vegetables in the oven, pasta, yogurt	Cheese pastry, linden tea
Yogurt soup, cabbage meal, salad	Pancake, fruit, rosehip tea
Meatball soup, baked potato with yogurt dip	Salty cookies, milk
Broccoli soup, hamburger, salad	Carob cake, tea
Tarhana soup, green lentil meal, salad	Fruit salad, tea
Meat sauté with vegetable, bulgur, yogurt	Sandwich with olive puree, milk
Leeks with minced meat, pasta, salad	Müsli, rosehip tea
Minestrone soup, pasta, salad	Grape cookies, milk
Baked meatballs, rice, salad	Cheese gözleme, linden tea