

Early Birds Sample Menu - Late Summer/Early Autumn

Fresh organic produce is delivered to our school weekly

Prepared daily in our kitchen, using homemade ingredients (i.e. homemade tomato preserves)

We even prepare our own birthday cakes!

		Mondav	Tuesdav	Wednesdav	Thursdav	Fridav
Week 1	morning snack	fresh fruit & raw veggie platter with tahini, lemon & yogurt dip	oat porridge with fruit and yogurt/ milk, cinammon, unsalted sunflower seeds/pepitas/nuts sprinkled on top	fresh fruit & raw veggie platter with fresh cheese	pancakes with fresh fruit and yogurt	fresh fruit & raw veggie platter with roasted red pepper hummus dip
	lunch	green bean stew (etli taze fasulye), silyez bulgur pilav with green lentils and diced carrots	pasta with vegetable sauce (zucchini, onions, tomatoes) & grated cheese, cacik with semizotu	meatloaf, white rice, pickled vegetables, salad	vegetable tabbouleh salad, yogurt, roasted tomato & red pepper soup	oven-baked köfte in pita pockets (kids build their own burgers?) with roasted mushrooms and onions and tahini sauce, oven-baked potato & carrot wedges
	afternoon snack	dill & cheese-filled poğaç with sunflower seeds on top, ayran	crepes with vegetables and cheese	carrot cake (sweetened with orange juice), ayran	oven-baked cheese börek	Energy Balls (oats, honey, tahini, ground flax seed, dried fruit)
Week 2	morning snack	fresh fruit & raw veggie platter with hummus dip	pancakes with fresh fruit and yogurt	fresh fruit & raw veggie platter with fresh cheese	oat porridge with fruit and yogurt/ milk, cinammon, unsalted sunflower seeds/pepitas/nuts sprinkled on top	fresh fruit & raw veggie platter with tahini, lemon & yogurt dip
	lunch	Mini round meatballs (not fried!) with ratatouille, rice	fallafel with salad, yufka, tahini sauce; cacik with dill and semizotu	potato lamb stew with peas, siyez bulgur pilavi, pickles	dal (yellow lentils, carrots, potato, peas) with white rice	pasta with a bolognese sauce, salad
	afternoon snack	dill & cheese-filled poğaç with sunflower seeds on top, ayran	potato & zucchini latke	zucchini cake (sweetened with apples), ayran	crepes with vegetables and cheese	granola bars with oats, nuts, honey
Week 3	morning snack	fresh fruit & raw veggie platter with roasted red pepper hummus dip	oat porridge with fruit and yogurt/ milk, cinammon, unsalted sunflower seeds/pepitas/nuts sprinkled on top	fresh fruit & raw veggie platter with cheese	pancakes with fresh fruit and yogurt	fresh fruit & raw veggie platter with white bean dip (puréed with roasted garlic, olive oil & lemon)
	lunch	beef stew with peas and carrots	3-bean salad (fresh green beans, börülce, barbunya) with tomatoes and other vegetables	meat and spinach börek, pickles, vegetable soup	pasta with vegetable sauce (zucchini, onions, tomatoes) & grated cheese, cacik with semizotu	Shepherd's pie (firinda kıymali patates püresi), sautéed greens, pickles
	afternoon snack	dill & cheese-filled poğaç with sunflower seeds on top, ayran	crepes with vegetables and cheese	carrot cake (sweetened with orange juice), ayran	Energy Balls (oats, honey, tahini, ground flax seed, dried fruit)	oven-baked börek with cheese & herbs
Week 4	morning snack	fresh fruit & raw veggie platter with fresh süzme (Greek) yogurt & fresh herb dip	pancakes with fresh fruit and yogurt	fresh fruit & raw veggie platter	oat porridge with fruit and yogurt/ milk, cinammon, unsalted sunflower seeds/pepitas/nuts sprinkled on top	fresh fruit & raw veggie platter with tahini dip
	lunch	mini meatballs cooked in vegetable stew, potatoes	roasted veggie lasagna (roasted chopped eggplant, zucchini, tomatoes; homemade ricotta and kaşar), salad	tepside içli köfte, rice, pickled vegetables	fallafel with salad, yufka, tahini sauce; cacik with dill and semizotu	green bean stew (etli taze fasulye), silyez bulgur pilav with green lentils and diced carrots
	afternoon snack	dill & cheese-filled poğaç with sunflower seeds on top, ayran	potato & zucchini latke	zucchini cake (sweetened with apples), ayran	oven-baked cheese börek	granola bars