TARABYA BRITISH SCHOOLS- TARABYA JANUARY 2019 MENU

				WEDNESDAY 02.01.2019		**THURSDAY 03.01.2019**		**FRIDAY 04.01.2019**	
				Lunch	**CALORY**	**Lunch**	**CALORY**	**Lunch**	**CALORY**
				Tomato Soup With Kashar Cheese	189	Lentil Soup	176	Vegatable Soup with Cream	114
				Forest Kebab	256	Sauted Chicken with Vegetables	223	Meatballs in Seasoned Tomato Sauce	245
				Vegetable Gratin	268	Green Beans with Tomato	114	Roasting Chard	124
				Rice with Butter	256	Farfalle with Pesto Sauce	291	Shredded Vermicelli	256
				Saladbar		Saladbar		Saladbar	
				Lettuce with Sliced Olives		Shepherd Salad		Garden Salad	
				Carrot		Carrot and Radish		Carrot	
				Red Cabbege		Beet with Yoghurt		Coleslaw	
				Arthicokes in Olive Oil		Eggplant Stuffed with Onion, Garlic and Tomatoes		Celery with Olive Oil	
				Yoghurt	46	Cucumber with Yoghurt and dry Mint	52	Yoghurt	46
				Orange	100	Granny Simith (Green Apple)	100	Mandarin	100
				Raspberry Cake	223	Chocolate Pudding	214	Sekerpare with Poppy	294
MONDAY 07.01.2019		**TUESDAY 08.01.2019**		**WEDNESDAY 09.01.2019**		**THURSDAY 10.01.2019**		**FRIDAY 11.01.2019**	
Lunch	**CALORY**	**Lunch**	**CALORY**	**Lunch**	**CALORY**	**Lunch**	**CALORY**	**Lunch**	**CALORY**
Chicken Vermicelli Soup	234	Yoghurt Soup with Dry Mint	175	Ezogelin Red Lentil Soup	180	Broccoli Soup	134	Tarhana Soup	180
Mixed Stuffed Vegatables	294	Sauted Chicken with Vegetables	223	Baked Potato	185	Meatballs with Barbequ Sauced	239	Veal Fillet	214
Purslane	165	Chickpea	132	Cabbage Stew	171	Baked Potato with Cream	130	Cauliflower Gratin	213
Pastry with Cheese Parsley Filling	228	Rice with Butter	256	Fusulli with Olive Sauced	256	Rice of Wheat Grains	291	Rice with Tomato	210
Saladbar		Saladbar		Saladbar		Saladbar		Saladbar	
Lettuce		Green Salad		Tomato and Cucumber		Aegean Salad		Green Salad with Cheese	
Carrot		Carrot		Carrot		Carrot and Radish		Carrot	
Red Cabbege		Radish		Red Cabbage		Red Cabbage		Red Cabbage	
Sunchokes with Olive Oil		Purslane with Yoghurt		Lentil Balls		Cabbage Stuffed with olive Oil		Potato Salad with olive Oil	
Yoghurt	46	Yoghurt	46	Yoghurt	46	Cucumber with Yoghurt and dry Mint	52	Yoghurt	46
Kiwi	100	Starking Elma	100	Mandalina	100	Pear	100	Orange	100
Brownie	295	White Pudding	214	Tulumba Dessert	254	Rice Pudding	274	Carrot Cake	294
MONDAY 14.01.2019		**TUESDAY 15.01.2019**		**WEDNESDAY 16.01.2019**		**THURSDAY 17.01.2019**		**FRIDAY 18.01.2019**	
Lunch	**CALORY**	**Lunch**	**CALORY**	**Lunch**	**CALORY**	**Lunch**	**CALORY**	**Lunch**	**CALORY**
Pumpkin Soup	57	Carrot Soup	177	Wedding Soup	179	Corn Soup with Dill	116	Lentil Soup	176
Meat Stuffed Vine Leaves & Cabbage Stuffed	210	Meat and White Bean Stew	233	Chicken with Bechamel Sauced	298	Flounder	147	Grelled Meat Balls & Grilled Chicken	260
Turkey Stew with Shallot	224	Baked Potato with Cream	130	Aubergine with Minced Meat	315	Roasted Spinach	105	Fried Potatoes & Grilled Tomato and Pepper	298
Pastry with Potato	272	Shredded Vermicelli	256	Vermicelli with Cheese	304	Macaroni Penne	291	Rice with Butter	256
Saladbar		Saladbar		Saladbar		Saladbar		Saladbar	
Lettuce with Sliced Olives		Shepherd Salad		Rocket Salad		Lettuce		Green Salad	
Carrot		Carrot and Radish		Carrot		Carrot and Radish		Carrot	
Red Cabbege		Beet with Yoghurt		Red Cabbage		Beet with Yoghurt		Red Cabbage	
Macaroni Salad		Pumpkin with Olive oil		Kisir		Leek with Olive Oil		Hummus	
Yoghurt	46	Yoghurt	46	Yoghurt	46	Yoghurt	46	Yoghurt	46
Starking Apple	100	Pear	100	Orange	100	Mandarin	100	Green Apple	100
Strawberry Pudding	274	Cup Cake	297	Baklava	286	Supangle	270	Tiramisu	254