

TARABYA BRITISH SCHOOLS DECEMBER 2018 MENU

MONDAY 03.12.2018		TUESDAY 04.12.2018		WEDNESDAY 05.12.2018		THURSDAY 06.12.2018		FRIDAY 07.12.2018	
LUNCH	CALORIE	LUNCH	CALORIE	LUNCH	CALORIE	LUNCH	CALORIE	LUNCH	CALORIE
CREAM OF SPINACH SOUP	132	EZOGE LIN RED LENTIL SOUP	180	YOGHURT SOUP	175	RED LENTIL SOUP	176	TARHANA SOUP	180
ALBANIAN STYLE FRIED LIVER	310	MEAT AND WHITE BEAN STEW	230	GRILLED CHICKEN	210	MEAT STUFFED VINE LEAVES	210	DONER KEBAB	300
SOUTED CHICKEN WHITE VEGETABLES	223	CHICKEN WITH VEGETABLES	286	MEATBALLS WITH VEGETABLES AND SAUCE	271	ROASTED CHICKEN WITH VEGETABLES	298	SCHINTZEL WITH KADAIF	271
SHREDDED VERMICELLI	221	BULGUR RICE	205	PENNE WITH SAUCE	205	CHEESE AND PARSLEY PASTRY	228	ORZO WITH RICE	221
BANANA BISCUIT TRIFLE	306	CHOCOLATE PUDDING	177	MILK PUDDING WITH SHREDDED FILO	198	PROFITEROLES	208	MILK AND ALMOND PUDDING	169
FRUIT	100	FRUIT	100	FRUIT	100	FRUIT	100	FRUIT	100
<u>SALAD BAR</u>		<u>SALAD BAR</u>		<u>SALAD BAR</u>		<u>SALAD BAR</u>		<u>SALAD BAR</u>	
CURLY LETTUCE		CURLY LETTUCE		CURLY LETTUCE		CURLY LETTUCE		CURLY LETTUCE	
SHEPHERD'S SALAD		RED CABBAGE		CARROT		CARROT		CARROT	
CARROT		CARROT		RED CABBAGE		SWEET CORN		SHEPHERD'S SALAD	
VEGETABLES IN OLIVE OIL		VEGETABLES IN OLIVE OIL		VEGETABLES IN OLIVE OIL		VEGETABLES IN OLIVE OIL		VEGETABLES IN OLIVE OIL	
YOGHURT	46	YOGHURT	46	YOGHURT	46	YOGHURT	46	YOGHURT	46
MONDAY 10.12.2018		TUESDAY 11.12.2018		WEDNESDAY 12.12.2018		THURSDAY 13.12.2018		FRIDAY 14.12.2018	
LUNCH	CALORIE	LUNCH	CALORIE	LUNCH	CALORIE	LUNCH	CALORIE	LUNCH	CALORIE
LAMB WEDDING SOUP	179	VITAMEN SOUP	165	RED LENTIL SOUP	176	CRACKED WHEAT SOUP WITH YOGHURT	187	CHICKEN VERMICELLI SOUP	234
MEAT AND CHICKPEA STEW	208	CHICKEN SHISH WITH VEGETABLES	216	MEAT AND VEGETABLE STEW	260	PERSIAN MEATBALLS	288	BAKED CHICKEN DRUMSTICKS	250
POTATO CASSEROLE	285	MEATLOAF	265	CHICKEN CUTLETS AND MASH	175	TUFFED CHICKEN GRATIN	263	MINI STUFFED MEATBALLS	138
ORZO STARS	221	GREEN LENTIL BULGUR PILAF	117	POTATO PASTRY ROLLS	299	PENNE WITH SAUCE	231	COUSCOUS WHIT SAUCE	253
MILKY BAKLAVA	310	COCOA PUDDING	200	CHOCOLATE BALL	237	TIRAMISU	324	CARAMELIZED MILK PUDDING	215
FRUIT	100	FRUIT	100	FRUIT	100	FRUIT	100	FRUIT	100
<u>SALAD BAR</u>		<u>SALAD BAR</u>		<u>SALAD BAR</u>		<u>SALAD BAR</u>		<u>SALAD BAR</u>	
CURLY LETTUCE		CURLY LETTUCE		CURLY LETTUCE		CURLY LETTUCE		CURLY LETTUCE	
SHEPHERD'S SALAD		RED CABBAGE		CARROT		CARROT		CARROT	
CARROT		CARROT		RED CABBAGE		SWEET CORN		SHEPHERD'S SALAD	
VEGETABLES IN OLIVE OIL		VEGETABLES IN OLIVE OIL		VEGETABLES IN OLIVE OIL		VEGETABLES IN OLIVE OIL		VEGETABLES IN OLIVE OIL	
YOGHURT	46	YOGHURT	46	YOGHURT	46	YOGHURT	46	YOGHURT	46
MONDAY 17.12.2018		TUESDAY 18.12.2018		WEDNESDAY 19.12.2018		THURSDAY 20.12.2018		FRIDAY 21.12.2018	
LUNCH	CALORIE	LUNCH	CALORIE	LUNCH	CALORIE	LUNCH	CALORIE	LUNCH	CALORIE
MUSHROOM SOUP	176	EZOGE LIN RED LENTIL SOUP	152	BULGUR SOUP	132	RED LENTIL SOUP	178	BROCCOLI SOUP	134
DALYAN MEATBALLS	235	MIXED STUFFED VEGETABLES	259	GRILLED MEATBALLS	220	STRING BEANS WITH MEAT CUBES	208	CHICKEN DONER KEBAB	250
ŞİNİTZEL	374	CHICKEN KEBAB	274	CHICKEN WITH SAUCE AND PUREE	224	CHICKEN PIECES WITH CURRY SAUCE	285	ALBANIAN STYLE FRIED LIVER	310
SPAGHETTI WITH SAUCE	231	CHEESE AND PARSLEY PASTRY	228	PENNE WITH TOMATO SAUCE	231	BULGUR RICE	283	TOMATO PILAF	229
FRUIT	100	BROWNIE	265	CHOCOLATE PUDDING	177	MILK AND ALMOND PUDDING	169	MILK PUDDING WHIT FRUIT	156
<u>SALAD BAR</u>		FRUIT	100	FRUIT	100	FRUIT	100	FRUIT	100
CURLY LETTUCE		<u>SALAD BAR</u>		<u>SALAD BAR</u>		<u>SALAD BAR</u>		<u>SALAD BAR</u>	
SHEPHERD'S SALAD		CURLY LETTUCE		CURLY LETTUCE		CURLY LETTUCE		CURLY LETTUCE	
CARROT		RED CABBAGE		CARROT		CARROT		CARROT	
VEGETABLES IN OLIVE OIL		CARROT		RED CABBAGE		SHEPHERD'S SALAD		RED CABBAGE	
YOGHURT	46	VEGETABLES IN OLIVE OIL		VEGETABLES IN OLIVE OIL		VEGETABLES IN OLIVE OIL		VEGETABLES IN OLIVE OIL	
		YOGHURT	46	YOGHURT	46	YOGHURT	46	YOGHURT	46

