

TARABYA BRITISH SCHOOLS, OCTOBER 2018 MENU

01.10.2018 MONDAY		02.10.2018 TUESDAY		03.10.2018 WEDNESDAY		04.10.2018 THURSDAY		05.10.2018 FRIDAY	
LUNCH	CALORIES	LUNCH	CALORIES	LUNCH	CALORIES	LUNCH	CALORIES	LUNCH	CALORIES
YORUK SOUP	149	EZOGLIN RED LENTIL SOUP	180	TOMATO SOUP	189	RED LENTIL SOUP	176	BROCCOLI SOUP	144
BEYOĞLU MEATBALLS	236	MIXED STUFFED VEGETABLES	259	SPINACH CHICKEN GRATIN	346	STRING BEANS WITH MEAT CUBES	114	MEAT SAUTE	356
SCHINTZEL WITH KADAIF	344	ROASTED CHICKEN WITH VEGETABLES	446	TRAY MEATBALLS WITH VEGETABLES	264	CAULIFLOWER CHEESE	104	BAKED TURKEY ROAST	223
ELBOW PASTA WITH SAUCE	252	CHEESE AND PARSLEY PASTRY	229	BULGUR RICE	283	POTATO PASTRY ROLLS	250	BARLEY VERMICELLI PILAF	351
CACAO PUDDING	173	CREAM CARAMEL	113	PESTICIDE PUDDING	144	BANANA BISCUIT TRIFLE	206	KEMALPAŞA	284
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>	
LETTUCE		LETTUCE		LETTUCE		LETTUCE		LETTUCE	
RED CABBAGE		RED CABBAGE		RED CABBAGE		RED CABBAGE		RED CABBAGE	
CARROT		CARROT		CARROT		CARROT		CARROT	
ORBIT BEANS WITH OLIVE OIL		LEEKS WITH OLIVE OIL		BROCCOLI WITH OLIVE OIL		POTATO SALAD WITH OLIVE OIL		GREEN PEAS WITH OLIVE OIL	
YOGHURT	46	YOGHURT	46	YOGHURT	46	YOGHURT	46	YOGHURT	46
08.10.2018 MONDAY		9.10.2018 TUESDAY		10.10.2018 WEDNESDAY		11.10.2018 THURSDAY		12.10.2018 FRIDAY	
LUNCH	CALORIES	LUNCH	CALORIES	LUNCH	CALORIES	LUNCH	CALORIES	LUNCH	CALORIES
VERMICELLI SOUP	162	CRACKED WHEAT SOUP WITH YOGHURT	179	EZOGLIN RED LENTIL SOUP	180	HOT & SOUR SOUP	137	CHICKEN VERMICELLI SOUP	127
WHITE BEAN STEW	224	GRILLED CHICKEN	176	MEAT AND VEGETABLE STEW	238	HASANPAŞA MEATBALL AND PUREE	272	BAKED CHICKEN	290
POTATO MOUSAKKA WITH MINCED MEAT	317	MEATBALLS WITH RICE	486	CHICKEN PIECES WITH CURRY SAUCE	228	SOY SAUCE CHICKEN	332	TURKEY STEW WITH VEGETABLES	375
COUSCOUS PILAF	353	BEAD PASTA WITH SAUCE	252	SHREDDED VERMICELLI	353	PENNE WITH SAUCE	270	VEGETABLE RICE	355
MILK AND ALMOND PUDDING	169	TRES LECHES CAKE	304	CHOCOLATE PUDDING	177	MOSAIC CAKE	350	CARAMELIZED MILK PUDDING	164
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>	
LETTUCE		LETTUCE		LETTUCE		LETTUCE		LETTUCE	
RED CABBAGE		RED CABBAGE		RED CABBAGE		RED CABBAGE		RED CABBAGE	
CARROT		CARROT		CARROT		CARROT		CARROT	
SAKSUKA WITH OLIVE OIL		GREEN PEAS WITH OLIVE OIL		BULGUR SALAD WITH OLIVE OIL		ORBIT BEANS WITH OLIVE OIL		SPINACH WITH OLIVE OIL	
YOGHURT	46	YOGHURT	46	YOGHURT	46	YOGHURT	46	YOGHURT	46
15.10.2018 MONDAY		16.10.2018 TUESDAY		17.10.2018 WEDNESDAY		18.10.2018 THURSDAY		19.10.2018 FRIDAY	
LUNCH	CALORIES	LUNCH	CALORIES	LUNCH	CALORIES	LUNCH	CALORIES	LUNCH	CALORIES
YOGHURT SOUP	189	RED LENTIL SOUP	178	BARLEY MACARONI SOUP	120	EZOGLIN RED LENTIL SOUP	180	MUSHROOM SOUP	132
MEATLOAF	246	MEAT AND PEA STEW	170	ROASTED CHINESE CHICKEN	340	STUFFED VEGETABLES WITH MEAT	238	MIXED GRILL	346
CHICKEN SAUTE	334	CHICKEN WITH SAUCE AND PUREE	224	MEATBALLS IN TOMATO SAUCE	278	CHICKEN KEBAB	330	BAKED TURKEY STEW	239
BULGUR RICE	283	ORZO STARS	353	ELBOW PASTA WITH TOMATO SAUCE	264	CHEESE AND PARSLEY PASTRY	229	BULGUR RICE	283
ORANGE PUDDING	164	CHOCOLATE BALL	377	NOAHS PUDDING	178	CACAO PUDDING	173	FLAN WITH CINNAMON	135
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>	
LETTUCE		LETTUCE		LETTUCE		LETTUCE		LETTUCE	
RED CABBAGE		RED CABBAGE		RED CABBAGE		RED CABBAGE		RED CABBAGE	
CARROT		CARROT		CARROT		CARROT		CARROT	
STRING BEANS WITH OLIVE OIL		BULGUR SALAD WITH OLIVE OIL		BEAN SALAD WITH OLIVE OIL		POTATO SALAD WITH OLIVE OIL		GREEN PEAS WITH OLIVE OIL	
YOGHURT	46	YOGHURT	46	YOGHURT	46	YOGHURT	46	YOGHURT	46

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22.10.2018 MONDAY		23.10.2018 TUESDAY		24.10.2018 WEDNESDAY		25.10.2018 THURSDAY		26.10.2018 FRIDAY	
LUNCH	CALORIES	LUNCH	CALORIES	LUNCH	CALORIES	LUNCH	CALORIES	LUNCH	CALORIES
BROCCOLI SOUP	114	EZOGLIN RED LENTIL SOUP	180	TOMATO SOUP	189	RED LENTIL SOUP	178	MIXED VEGETABLE SOUP	135
STUFFED CHICKEN GRATIN	341	MEAT AND CHICKPEA STEW	279	HAMBURGER PATTY WITH SAUCE	251	STRING BEANS WITH MEAT CUBES	114	CHICKEN DONER KEBAB	230
BREADED SARDINES	422	CHICKEN WITH VEGETABLES	360	CHICKEN PIECES WITH CURRY SAUCE	228	CHICKEN CUTLETS AND MASH	195	BUTCHER'S MEATBALLS	236
BULGUR RICE	283	SHREDDED VERMICELLI	353	VEGETABLE NOODLES	317	PASTRY WITH CHEESE AND POTATO	299	RICE PILAF WITH TOMATO	357
TAHINI HALVA	331	MILKY BAKLAVA	346	RICE PUDDING	176	BROWNIE	265	PANNA COTTA	209
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>	
LETTUCE		LETTUCE		LETTUCE		LETTUCE		LETTUCE	
RED CABBAGE		RED CABBAGE		RED CABBAGE		RED CABBAGE		RED CABBAGE	
CARROT		CARROT		CARROT		CARROT		CARROT	
BEAN SALAD WITH OLIVE OIL		POTATO SALAD WITH OLIVE OIL		LEEKS WITH OLIVE OIL		CAULIFLOWER WITH OLIVE OIL		OLIVE OIL AMERICAN SALAD	
YOGHURT	46	YOGHURT	46	YOGHURT	46	YOGHURT	46	YOGHURT	46
29.10.2018 MONDAY		30.10.2018 TUESDAY		31.10.2018 WEDNESDAY					
LUNCH	CALORIES	LUNCH	CALORIES	LUNCH	CALORIES				
YOGHURT AND WHEAT SOUP	189	RED LENTIL SOUP	176	STAR SHAPED MACARONI SOUP	150				
GRILLED MEATBALLS	220	VEGETABLES WITH MINCED MEAT	285	GRILLED CHICKEN	176				
BOILED CHICKEN	308	MEAT AND PEA STEW	170	DALYAN MEATBALLS	269				
FUSILLI WITH SAUCE	257	BULGUR RICE	283	SPAGHETTI WITH SAUCE	249				
BANANA PUDDING	147	MILK AND ALMOND PUDDING	169	TIRAMISU	203				
FRUIT	100	FRUIT	100	FRUIT	100				
<u>SALAD BAR</u>		<u>SALAD BAR</u>		<u>SALAD BAR</u>					
LETTUCE		LETTUCE		LETTUCE					
RED CABBAGE		RED CABBAGE		RED CABBAGE					
CARROT		CARROT		CARROT					
SHELL BEANS WITH OLIVE OIL		BULGUR SALAD WITH OLIVE OIL		CAULIFLOWER WITH OLIVE OIL					
YOGHURT	46	YOGHURT	46	YOGHURT	46				