



TARABYA BRITISH SCHOOLS, SEPTEMBER 2018 MENU

| MONDAY, SEPTEMBER 3 TH , 2018 | | TUESDAY, SEPTEMBER 4 TH , 2018 | | WEDNESDAY, SEPTEMBER 5 TH , 2018 | | THURSDAY, SEPTEMBER 6 TH , 2018 | | FRIDAY, SEPTEMBER 7 TH , 2018 | |
|---|-----|--|-----|--|-----|---|-----|---|-----|
| LUNCH | CAL | LUNCH | CAL | LUNCH | CAL | LUNCH | CAL | LUNCH | CAL |
| YOTUK SOUP | 149 | EZOGLIN RED LENTIL SOUP | 180 | VERMICELLI SOUP | 162 | RED LENTIL SOUP | 180 | BROCCOLI SOUP | 127 |
| HASANPAŞA MEATBALL | 228 | MEAT AND VEGETABLE STEW | 260 | GRILLED CHICKEN | 210 | EGGPLANTS WITH MINCED MEAT | 191 | SAUTEAD MEAT | 310 |
| SOY SAUCE CHICKEN | 246 | CHICKEN PIECES WITH CURRY SAUCE | 285 | MEATBALLS WITH VEGETABLES AND SAUCE | 271 | MEAT AND PEA STEW | 250 | ROASTED CHICKEN WITH VEGETABLES | 298 |
| PENNE WITH SAUCE | 231 | COUSCOUS PILAF | 221 | BAKED NOODLES | 215 | SHREDDED VERMICELLI | 221 | ORZO WITH RICE | 221 |
| FRUIT | 100 | CHOCOLATE BALL | 237 | MARKIZ WITH GUM | 305 | CREAM CARAMEL | 113 | CARAMELIZED MILK PUDDING | 215 |
| <u>SALAD BAR</u> | | FRUIT | 100 | FRUIT | 100 | FRUIT | 100 | FRUIT | 100 |
| LETTUCE | | <u>SALAD BAR</u> | | <u>SALAD BAR</u> | | <u>SALAD BAR</u> | | <u>SALAD BAR</u> | |
| RED CABBAGE | | LETTUCE | | LETTUCE | | LETTUCE | | LETTUCE | |
| SHEPHERD SALAD | | RED CABBAGE | | RED CABBAGE | | RED CABBAGE | | SHEPHERD SALAD | |
| CAULIFLOWER WITH OLIVE OIL | | SHEPHERD SALAD | | SHEPHERD SALAD | | CARROT | | RED CABBAGE | |
| YOGHURT | | CAULIFLOWER WITH OLIVE OIL | | CAULIFLOWER WITH OLIVE OIL | | BULGUR SALAD WITH OLIVE OIL | | SPINACH WITH OLIVE OIL | |
| | | YOGHURT | | YOGHURT | 46 | YOGHURT | 46 | YOGHURT | 46 |
| MONDAY, SEPTEMBER 10 TH , 2018 | | TUESDAY, SEPTEMBER 11 TH , 2018 | | WEDNESDAY, SEPTEMBER 12 TH , 2018 | | THURSDAY, SEPTEMBER 13 TH , 2018 | | FRIDAY, SEPTEMBER 14 TH , 2018 | |
| LUNCH | | LUNCH | | LUNCH | | LUNCH | | LUNCH | |
| TOMATO AND VEGETABLE SOUP | 165 | YOGHURT SOUP | 165 | EZOGLIN RED LENTIL SOUP | 180 | MUSHROOM AND VEGETABLE SOUP | 189 | CHICKEN VERMICELLI SOUP | 127 |
| MEAT AND WHITE BEAN STEW | 230 | CHICKEN GRATIN | 273 | VEGETABLES WITH MINCED MEAT | 285 | PERSIAN MEATBALLS | 288 | BAKED CHICKEN DRUMSTICKS | 250 |
| BAKED EGGS WITH SPINACH | 172 | RAY MEATBALLS WITH VEGETABLES | 245 | CHICKEN CUTLETS AND MASH | 195 | SCHINTZEL WITH KADAIF | 271 | ALBANIAN STYLE FRIED LIVER | 300 |
| SHREDDED VERMICELLI | 221 | SPAGHETTI WITH TOMATO SAUCE | 231 | CHICKPEA STEW WITH RICE | 229 | FUSILLI WITH SAUCE | 231 | ICE PILAF WITH TOMATO | 221 |
| CHOCOLATE PUDDING | 261 | MILK AND ALMOND PUDDING | 249 | LAYERED CUSTARD | 300 | MOSAIC CAKE | 257 | BANANA BISCUIT TRIFLE | 306 |
| 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 | |
| ROCKET | | RED CABBAGE | | SHEPHERD SALAD | | CARROT | | CARROT | |
| SHEPHERD SALAD | | CARROT | | RED CABBAGE | | SWEET CORN | | RED CABBAGE | |
| BROCCOLI WITH OLIVE OIL | | STRING BEANS WITH OLIVE OIL | | CAULIFLOWER WITH OLIVE OIL | | BEAN SALAD WITH OLIVE OIL | | PEAS WITH OLIVE OIL | |
| YOGHURT | 46 | YOGHURT | 46 | YOGHURT | 46 | YOGHURT | 46 | YOGHURT | 46 |
| MONDAY, SEPTEMBER 17 TH , 2018 | | TUESDAY, SEPTEMBER 18 TH , 2018 | | WEDNESDAY, SEPTEMBER 19 TH , 2018 | | THURSDAY, SEPTEMBER 20 TH , 2018 | | FRIDAY, SEPTEMBER 21 ST , 2018 | |
| LUNCH | | LUNCH | | LUNCH | | LUNCH | | LUNCH | |
| YOGHURT SOUP | 175 | EZOGLIN RED LENTIL SOUP | 180 | TOMATO SOUP | 189 | RED LENTIL SOUP | 176 | MIXED VEGETABLE SOUP | 114 |
| HAMBURGER PATTY WITH SAUCE | 300 | STRING BEANS WITH MEAT CUBES | 208 | CRISPY CHICKEN CUBES | 204 | STUFFED VEGETABLES WITH MEAT | 294 | MIXED GRILL | 260 |
| BOILED CHICKEN | 121 | CAULIFLOWER CHEESE | 187 | MEATBALLS IN TOMATO SAUCE | 245 | CHICKEN KEBAB | 265 | TURKEY STEW WITH VEGETABLES | 224 |
| BAKED NOODLES | 215 | ORZO WITH RICE | 221 | PENNE WITH SAUCE | 231 | CHEESE AND PARSLEY PASTRY | 228 | BULGUR RICE | 215 |
| CHOCOLATE DELLA | 330 | BROWNIE | 336 | CARAMELIZED MILK PUDDING | 215 | CACAO PUDDING | 220 | TRES LECHES CAKE | 300 |
| 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 | |
| ROCKET | | RED CABBAGE | | CARROT | | CARROT | | SHEPHERD SALAD | |
| SHEPHERD SALAD | | CARROT | | RED CABBAGE | | ROCKET | | RED CABBAGE | |
| CAULIFLOWER WITH OLIVE OIL | | BULGUR SALAD WITH OLIVE OIL | | ORBIT BEANS WITH OLIVE OIL | | SPECKLED KIDNEY BEANS WITH OLIVE OIL | | PEAS WITH OLIVE OIL | |
| YOGHURT | 46 | YOGHURT | 46 | YOGHURT | 46 | YOGHURT | 46 | YOGHURT | 46 |



TARABYA BRITISH SCHOOLS, SEPTEMBER 2018 MENU

| MONDAY, SEPTEMBER 24 TH , 2018 | | TUESDAY, SEPTEMBER 25 TH , 2018 | | WEDNESDAY, SEPTEMBER 26 TH , 2018 | | THURSDAY, SEPTEMBER 27 TH , 2018 | | FRIDAY, SEPTEMBER 28 TH , 2018 | |
|---|-----|--|-----|--|-----|---|-----|---|-----|
| LUNCH | | LUNCH | | LUNCH | | LUNCH | | LUNCH | |
| EZOGLIN RED LENTIL SOUP | 175 | LAMB WEDDING SOUP | 189 | CRACKED WHEAT SOUP WITH YOGHURT | 175 | RED LENTIL SOUP | 176 | TOMATO AND VEGETABLE SOUP | 189 |
| MANTI (TURKISH DUMPLINGS) | 300 | MEAT AND CHICKPEA STEW | 208 | MEATLOAF | 265 | SPINACH AND MINCED MEAT STEW | 192 | CHICKEN DONER KEBAB | 250 |
| CHICKEN CUTLETS AND MASH | 121 | POTATO CASSEROLE | 285 | ROASTED CHINESE CHICKEN | 287 | PEAS WITH MEAT | 250 | ALBANIAN STYLE FRIED LIVER | 300 |
| BREADED VEGETABLES | 215 | COUSCOUS PILAF | 221 | SPAGHETTI WITH SAUCE | 231 | POTATO PASTRY ROLLS | 227 | SHREDDED VERMICELLI | 221 |
| CHOCOLATE PUDDING | 330 | PANNA COTTA | 191 | TIRAMISU | 324 | PROFITEROLES | 208 | NOAHS PUDDING | 285 |
| 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 | |
| ROCKET | | RED CABBAGE | | SHEPHERD SALAD | | CARROT | | CARROT | |
| SHEPHERD SALAD | | CARROT | | RED CABBAGE | | ROCKET | | RED CABBAGE | |
| BRUSSEL SPROUTS WITH OLIVE OIL | | BROCCOLI WITH OLIVE OIL | | CAULIFLOWER WITH OLIVE OIL | | SPINACH WITH OLIVE OIL | | SPECKLED KIDNEY WITH OLIVE OIL | |
| YOGHURT | 46 | YOGHURT | 46 | YOGHURT | 46 | YOGHURT | 46 | YOGHURT | 46 |

Food Eng.
ÖZLEM TOSUN / DİP.NO: 2002

Menu Planning
MEHMET AKİF SELİMOĞLU