

## TARABYA BRITISH SCHOOLS - YENIKOY JANUARY 2019 MENU

				WEDNESDAY 02.01.2019		THURSDAY 03.01.2019		FRIDAY 04.01.2019	
				BREAKFAST		BREAKFAST		BREAKFAST	
				BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
				Lunch		Lunch		Lunch	
		CALORY		CALORY		CALORY		CALORY	
		Tomato Soup With Kashar Cheese	189	Lentil Soup	176	Vegetable Soup with Cream	114		
		Forest Kebab	256	Sauteed 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 Cabbage		Beet with Yoghurt		Coleslaw			
		Arthicoles 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		
		Snack		Snack		Snack			
		Muffin		Banana		Christmas Brownie with Strawberry			
MONDAY 07.01.2019		TUESDAY 08.01.2019		WEDNESDAY 09.01.2019		THURSDAY 10.01.2019		FRIDAY 11.01.2019	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
Lunch		Lunch		Lunch		Lunch		Lunch	
CALORY		CALORY		CALORY		CALORY		CALORY	
Chicken Vermicelli Soup	234	Yoghurt Soup with Dry Mint	175	Ezogelin Red Lentil Soup	180	Broccoli Soup	134	Tarhana Soup	180
Mixed Stuffed Vegetables	294	Sauteed 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 Cabbage		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
Snack		Snack		Snack		Snack		Snack	
Granny Smith ( Green Apple)		Tiramisu in Shot Glasses		Orange		Cookies		Kiwi	
MONDAY 14.01.2019		TUESDAY 15.01.2019		WEDNESDAY 16.01.2019		THURSDAY 17.01.2019		FRIDAY 18.01.2019	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
Lunch		Lunch		Lunch		Lunch		Lunch	
CALORY		CALORY		CALORY		CALORY		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 Cabbage		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
Snack		Snack		Snack		Snack		Snack	
Mosaic Cake		Mandarin		Apple Pie		Banana		Linzer	