

TARABYA BRITISH SCHOOLS - YENİKÖY DECEMBER 2018 MENU

MONDAY 03.12.2018		TUESDAY 04.12.2018		WEDNESDAY 05.12.2018		THURSDAY 06.12.2018		FRIDAY 07.12.2018	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
PEASANT SOUP	116	EZOGLIN RED LENTIL SOUP	100	YOGHURT SOUP	175	RED LENTIL SOUP	176	TARHANA SOUP	119
ALBANIAN STYLE FRIED LIVER	260	MEAT AND WHITE BEAN STEW	230	EATBALLS WITH VEGETABLES AND SAU	253	MEAT STUFFED VINE LEAVES	255	DONER KEBAB	300
SOUTED CHICKEN WHITE VEGETABLES	223	CHICKEN WITH VEGETABLES	236	CHICKEN NUGGET	246	CAULIFLOWER CHEESE	104	TURKEY STEAK	224
SHREDDED VERMICELLI	171	BULGUR RICE	107	PENNE WITH SAUCE	205	CHEESE AND PARSLEY PASTRY	228	ORZO WITH RICE	171
BANANA BISCUIT TRIFLE	206	FRUIT	100	FRUIT	100	PROFITEROLES	253	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	
CARROT		CARROT		CARROT		CARROT		CARROT	
RED CABBAGE		RED CABBAGE		RED CABBAGE		RED CABBAGE		RED CABBAGE	
VEGETABLES WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL	
YOGHURT		YOGHURT		YOGHURT		YOGHURT		YOGHURT	
<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>	
BANANA BISCUIT TRIFLE	206	FRUIT	100	FRUIT	100	PROFITEROLES	253	FRUIT	100
MONDAY 10.12.2018		TUESDAY 11.12.2018		WEDNESDAY 12.12.2018		THURSDAY 13.12.2018		FRIDAY 14.12.2018	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
LAMB WEDDING SOUP	180	VİTAMEN SOUP	118	RED LENTIL SOUP	176	HOT & SOUR SOUP	234	CHICKEN VERMICELLI SOUP	127
MEAT AND CHICKPEA STEW	260	CHICKEN SHISH WITH VEGETABLES	209	MEAT AND VEGETABLE STEW	156	PERSIAN MEATBALLS	238	MINI STUFFED MEATBALLS	324
POTATO CASSEROLE	235	MEATLOAF	246	VEGETABLES LEEK	100	VEGETABLES CHARD	100	TURKEY STEAK	174
ORZO STARS	171	BAKED NOODLES	165	SHREDDED VERMICELLI	171	BULGUR RICE	107	SAUCE WHİT COUSCOUS	205
FRUIT				CHOCOLATE BALL	237				
<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 WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL	
YOGHURT		YOGHURT		YOGHURT		YOGHURT		YOGHURT	
<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>	
FRUIT		FRUIT		CHOCOLATE BALL	237	FRUIT	100	CAKE/FRUIT TEA	180

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MONDAY 17.12.2018		TUESDAY 18.12.2018		WEDNESDAY 19.12.2018		THURSDAY 20.12.2018		FRIDAY 21.12.2018	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
TOMATO AND VEGETABLE SOUP	102	EZOGLIN RED LENTIL SOUP	180	YOGHURT SOUP	175	RED LENTIL SOUP	178	YOTUK SOUP	149
DALYAN MEATBALLS	235	MIXED STUFFED VEGETABLES	220	GRILLED MEATBALLS	167	STRING BEANS WITH MEAT CUBES	156	CHICKEN DONER KEBAB	250
SCHINTZEL	374	GREEN LENTILS WITH MINCED MEAT	224	CHICKEN WITH SAUCE AND PUREE	224	CHICKEN PIECES WITH CURRY SAUCE	228	ALBANIAN STYLE FRIED LIVER	260
SPAGHETTI WITH SAUCE	205	CHEESE AND PARSLEY PASTRY	228	PENNE WITH TOMATO SAUCE	205	CHEESY PASTRY	238	TOMATO PILAF	181
FRUIT	100	BROWNIE	265	FRUIT	100	FRUIT	100	CAKE/FRUIT TEA	
<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		SHEPHERD'S SALAD		RED CABBAGE	
VEGETABLES WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL	
YOGHURT		YOGHURT		YOGHURT		YOGHURT		YOGHURT	
<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>	
FRUIT	100	BROWNIE	265	FRUIT	100	FRUIT	100	CAKE/FRUIT TEA	180
MONDAY 24.12.2018		TUESDAY 25.12.2018		WEDNESDAY 26.12.2018		THURSDAY 27.12.2018		FRIDAY 28.12.2018	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
EZOGLIN RED LENTIL SOUP	180	LAMB WEDDING SOUP	179	PEASANT SOUP	116	RED LENTIL SOUP	178	TOMATO AND VEGETABLE SOUP	178
MANTI (TURKISH DUMPLINGS)	250	WHITE BEAN STEW	174	HAMBURGER PATTY WITH SAUCE	250	MEAT AND PEA STEW	221	MIXED GRILL	260
ORZO WITH MEAT	389	ROASTED CHICKEN WITH VEGETABLES	248	BOILED CHICKEN	243	CHARD AND MINCED MEAT STEW	127	TURKEY STEW WITH VEGETABLES	224
BREADED SPINACH	137	SHREDDED VERMICELLI	171	BAKED NOODLES	165	ORZO WITH RICE	171	VERMICELLI BULGUR PILAF	117
CEZERYE WITH KAKAO	262	FRUIT	100	CAKE/FRUIT TEA	180	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		SHEPHERD'S SALAD		RED CABBAGE	
VEGETABLES WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL		VEGETABLES WITH OLIVE OIL	
YOGHURT		YOGHURT		YOGHURT		YOGHURT		YOGHURT	
<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>	
CEZERYE WITH KAKAO	262	FRUIT	100	CAKE/FRUIT TEA	180	FRUIT	100	FRUIT	100

