

## YENİKÖY - 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	
BREAKFAST	CALORIES	BREAKFAST	CALORIES	BREAKFAST	CALORIES	BREAKFAST	CALORIES	BREAKFAST	CALORIES
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
YOGHURT SOUP	136	EZOĞELİN SOUP (SEASONED LENTIL SOUP)	180	YORUK SOUP	179	FILTERED LENTIL SOUP	176	STAR SHAPED MACARONİ SOUP	176
CHICKEN SHISH WITH VEGETABLES	216	ROASTED CHICKEN WITH VEGETABLES	248	CHICKEN GRATIN WHIT SPINAHC	235	STRING BEANS WITH MEAT CUBES	156	MEAT SAUTE	306
VEGETARIAN CELERIAC	100	VEGETARIAN STEW	100	VEGETERIAN PEA STEW	100	VEGETABLES CHARD	100	TURKEY STEAK	224
VERMICELLI BULGUR PILAF	117	PASTA WITH CHEESE PARSLEY FILLING	228	BAKED NOODLES	165	POTATO PASTRY ROLLS	258	ORZO WITH RICE	171
FRUIT	100	FRUIT	100	FRUIT	100	BANANA BISCUIT TRIFLE	206		
<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		CARROT	
CARROT		CARROT		CARROT		CARROT		RED CABBAGE	
LEEKS WITH OLIVE OIL		POTATO SALAD WITH OLIVE OIL		SPINACH WITH OLIVE OIL		CAULIFLOWER WITH OLIVE OIL		BEAN SALAD 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	FRUIT	100	FRUIT	100	BANANA BISCUIT TRIFLE	206	BISCUITS/FRUIT TEA	180
<b>08.10.2018 MONDAY</b>		<b>9.10.2018 TUESDAY</b>		<b>10.10.2018 WEDNESDAY</b>		<b>11.10.2018 THURSDAY</b>		<b>12.10.2018 FRIDAY</b>	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
VERMICELLI SOUP	176	YOGHURT SOUP	179	EZOĞELİN RED LENTIL SOUP	180	HOT & SOUR SOUP	200	YORUK SOUP	127
WHITE BEAN STEW	161	GRILLED CHICKEN	210	CHICKEN PIECES WITH CURRY SAUCE	285	HASANPAŞA MEATBALL	228	MIXED GRILL	240
CABBAGE STEW WHIT MEAT	160	MEATBALLS WITH RICE	300	VEGETARIAN OKRA	100	SOY SAUCE CHICKEN	194	TURKEY STEAK	224
COUSCOUS PILAF	171	BULGUR PILAF	107	BAKED PASTA	205	PENNE WITH SAUCE	205	RING PASTA WITH SAUCE	171
FRUIT		FRUIT		FRUIT	100	MOSAIC CAKE	257		
<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		CARROT	
CARROT		CARROT		RED CABBAGE		SWEET CORN		RED CABBAGE	
BROCCOLI WITH OLIVE OIL		BULGUR SALAD WITH OLIVE OIL		CAULIFLOWER WITH OLIVE OIL		BRUSSEL SPROUTS WITH OLIVE OIL		GREEN PEAS 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	FRUIT	180	FRUIT		MOSAIC CAKE		CAKE/FRUIT TEA	180

## YENİKÖY - TARABYA BRITISH SCHOOLS, OCTOBER 2018 MENU

15.10.2018 MONDAY		16.10.2018 TUESDAY		17.10.2018 WEDNESDAY		18.10.2018 THURSDAY		19.10.2018 FRIDAY	
BREAKFAST	CALORIES	BREAKFAST	CALORIES	BREAKFAST	CALORIES	BREAKFAST	CALORIES	BREAKFAST	CALORIES
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
YOGHURT SOUP	175	FILTERED LENTIL SOUP	176	VERMICELLI SOUP	175	EZOĞELİN SOUP (SEASONED LENTIL SOUP)	180	YORUK SOUP	149
CHICKEN NUGGET	210	CHICKEN WITH SAUCE AND PUREE	250	ROASTED CHINESE CHICKEN	238	CHICKEN KEBAB	265	MIXED GRILL	260
VEGETARIAN COURGETTES IN OLIVE OIL	100	VEGETABLES CHARD	100	VEGETARIAN BEANS	100	LEEF STEW WHIT MEAT	100	TURKEY STEW WITH VEGETABLES	224
VERMICELLI BULGUR PILAF	107	CHEESY PASTRY	258	FUSILLI WITH SAUCE	231	CHICKPEA STEW WITH RICE	185	RING PASTA WITH SAUCE	171
FRUIT	100	CHOCOLATE BALL	377	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		CARROT	
CARROT		CARROT		RED CABBAGE		ROCKET		RED CABBAGE	
YOGHURT		YOGHURT		YOGHURT		YOGHURT		YOGHURT	
<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>	
FRUIT	100	CHOCOLATE BALL	377	FRUIT	100	FRUIT	100	GRAPE BISCUITS/FRUIT TEA	187
22.10.2018 MONDAY		23.10.2018 TUESDAY		24.10.2018 WEDNESDAY		25.10.2018 THURSDAY		26.10.2018 FRIDAY	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
PEASANT SOUP	164	EZOĞELİN RED LENTIL SOUP	180	YOGHURT SOUP	180	TARHANA SOUP	179	HOT & SOUR SOUP	234
BREADED SARDINES	265	MEAT AND CHICKPEA STEW	260	CHICKEN WITH SAUCE AND VEGETABLES	223	CHICKEN CUTLETS AND MASH	175	CHICKEN DONER KEBAB	230
VEGETARIAN STEW	100	CHICKEN WITH VEGETABLES	236	VEGETARIAN CELERIAC	100	VEGETARIAN SPINACH	100	SCHINTZEL	210
BULGUR RICE	107	SHREDDED VERMICELLI	171	VEGETABLE NOODLES	185	CHEESY PASTRY	249	RICE PILAF WITH TOMATO	210
TAHINI HALVA	331	FRUIT	100	FRUIT	100	BROWNIE	336	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		CARROT	
CARROT		CARROT		RED CABBAGE		ROCKET		RED CABBAGE	
BRUSSEL SPROUTS WITH OLIVE OIL		CAULIFLOWER WITH OLIVE OIL		SHELL BEANS WITH OLIVE OIL		BROCCOLI WITH OLIVE OIL		AMERICAN SALAD	
YOGHURT		YOGHURT		YOGHURT		YOGHURT		YOGHURT	
<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>	
TAHINI HALVA	100	FRUIT	100	FRUIT	100	BROWNIE	336	GRAPE CAKE/FRUIT TEA	187

## YENİKÖY - TARABYA BRITISH SCHOOLS, OCTOBER 2018 MENU

29.10.2018 MONDAY		30.10.2018 TUESDAY		31.10.2018 WEDNESDAY				
BREAKFAST	CALORIES	BREAKFAST	CALORIES	BREAKFAST				
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST				
LUNCH		LUNCH						
YOGHURT SOUP	195	RED LENTIL SOUP	180	STAR SHAPED MACARONI SOUP	176			
GRILLED MEATBALLS	167	POTATO WITH MINCED MEAT	235	GRILLED CHICKEN	210			
BOILED CHICKEN	121	MEAT AND PEA STEW	221	VEGETABLES CHARD	100			
ORZO WITH RICE	171	BULGUR PILAF	107	SPAGHETTI WITH SAUCE	231			
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				
LEEKS WITH OLIVE OIL		BEAN SALAD WITH OLIVE OIL		BEAN SALAD WITH OLIVE OIL				
YOGHURT		YOGHURT		YOGHURT				
<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>				
FRUIT	100	FRUIT	100	FRUIT	100			