



## YENIKOY BRITISH SCHOOLS, SEPTEMBER 2018 MENU

MONDAY, SEPTEMBER 3 <sup>RD</sup> , 2018		TUESDAY, SEPTEMBER 4 <sup>TH</sup> , 2018		WEDNESDAY, SEPTEMBER 5 <sup>TH</sup> , 2018		THURSDAY, SEPTEMBER 6 <sup>TH</sup> , 2018		FRIDAY, SEPTEMBER 7 <sup>TH</sup> , 2018	
BREAKFAST	CAL	BREAKFAST	CAL	BREAKFAST	CAL	BREAKFAST	CAL	BREAKFAST	CAL
SANDWICH/KASHAR CHEESE/TOMATOES/MILK	369	BREAD WITH BUTTER AND HONEY/CHEESE/OLIVES/MILK	294	OLIVES/KASHAR CHEESE/HONEY/EGGS/TOMATOES/ CUCUMBER/MILK	345	TURKISH BAGEL/CREAM CHEESE/FRUIT TEA	298	OLIVES/CREAM CHEESE/EGGS/TOMATOES/CUCU MBER/JAM/MILK	315
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
YOTUK SOUP	136	EZOGLIN RED LENTIL SOUP	180	VERMICELLI SOUP	176	RED LENTIL SOUP	176	BROCCOLI SOUP	108
HASANPAŞA MEATBALL	228	MEAT AND VEGETABLE STEW	156	MEATBALLS WITH VEGETABLES AND SAUCE	253	EGGPLANTS WITH MINCED MEAT	191	SAUTEAD MEAT	250
VEGETARIAN COURGETTES IN OLIVE OIL	100	GREEN LENTILS WITH MINCED MEAT	224	VEGETABLES CHARD	100	MEAT AND PEA STEW	221	TOASTED CHICKEN WITH VEGETABLE	248
PENNE WITH SAUCE	205	COUSCOUS PILAF	171	BAKED NOODLES	165	SHREDDED VERMICELLI	221	ORZO WITH RICE	171
FRUIT	100	MILK PUDDING	220	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		SHEPHERD SALAD	
SHEPHERD SALAD		SHEPHERD SALAD		SHEPHERD SALAD		CARROT		RED CABBAGE	
CAULIFLOWER WITH OLIVE OIL		CAULIFLOWER WITH OLIVE OIL		CAULIFLOWER WITH OLIVE OIL		BULGUR SALAD WITH OLIVE OIL		SPINACH 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	MILK PUDDING	220	FRUIT	100	FRUIT	100	CAKE/FRUIT TEA	180
MONDAY, SEPTEMBER 10 <sup>TH</sup> , 2018		TUESDAY, SEPTEMBER 11 <sup>TH</sup> , 2018		WEDNESDAY, SEPTEMBER 12 <sup>TH</sup> , 2018		THURSDAY, SEPTEMBER 13 <sup>TH</sup> , 2018		FRIDAY, SEPTEMBER 14 <sup>TH</sup> , 2018	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
OLIVES/FETA CHEESE/EGGS/ TOMATOES/CUCUMBER/JAM/FRUIT TEA	259	CREPE/TAHİN MOLASSES/CHEESE/MILK	356	CREAM CHEESE/MIXED OLIVES/EGGS/TOMATOES/HONEY/ CUCUMBER/MILK	325	KASHAR CHEESE TOASTIE/MILK	300	CREAM CHEESE/OLIVES/EGGS/TOMATOES /CUCUMBER/JAM/MILK	315
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
TOMATO AND VEGETABLE SOUP	165	YOGHURT SOUP	136	EZOGLIN RED LENTIL SOUP	180	MUSHROOM AND VEGETABLE SOUP	180	CHICKEN VERMICELLI SOUP	127
MEAT AND WHITE BEAN STEW	181	MEATBALLS WITH VEGETABLE	250	VEGETABLES WITH MINCED MEAT	245	PERSIAN MEATBALLS	238	BAKED CHICKEN DRUMSTICKS	250
BAKED EGGS WITH SPINACH	185	VEG. ORBIT BEANS	100	MEATBALLS WITH MINCED MEAT AND BECHAM EL SAUCE	174	VEGETARIAN STEW	100	ALBANIAN STYLE FRIED LIVER	260
SHREDDED VERMICELLI	171	SPAGHETTI WITH TOMATO SAUCE	205	CHICKPEA STEW WITH RICE	179	FUSILLI WITH SAUCE	205	TOMATO PILAF	210
FRUIT	100	MILK AND ALMOND PUDDING	249	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		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	MILK AND ALMOND PUDDING	249	FRUIT	100	FRUIT	100	GRAPE BISCUITS/FRUIT TEA	187



## YENIKOY BRITISH SCHOOLS, SEPTEMBER 2018 MENU

MONDAY, SEPTEMBER 17 <sup>TH</sup> , 2018		TUESDAY, SEPTEMBER 18 <sup>TH</sup> , 2018		WEDNESDAY, SEPTEMBER 19 <sup>TH</sup> , 2018		THURSDAY, SEPTEMBER 20 <sup>ST</sup> , 2018		FRIDAY, SEPTEMBER 21 <sup>ND</sup> , 2018	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
SANDWICH/KASHAR CHEESE/TOMATOES/MILK	369	BREAD WITH BUTTER AND HONEY/CHEESE/OLIVES/MILK	294	OLIVES/KASHAR CHEESE/HONEY/EGGS/TOMATOES/CUCUMBER/MILK	345	TURKISH BAGEL/CREAM CHEESE/FRUIT TEA	298	OLIVES/CREAM CHEESE/EGGS/TOMATOES/CUCUMBER/JAM/MILK	315
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
YOGHURT SOUP	175	EZOGLIN RED LENTIL SOUP	180	TOMATO SOUP	189	LENTIL SOUP	176	MIXED VEGETABLE SOUP	114
HAMBURGER PATTY WITH SAUCE	300	STRING BEANS WITH MEAT CUBES	156	MEATBALLS IN TOMATO SAUCE	250	STUFFED VEGETABLES WITH MEAT	220	MIXED GRILL	260
BOILED CHICKEN	121	CAULIFLOWER CHEESE	162	VEGETARIAN PEA	110	GREEN LENTILS WITH MINCED MEAT	224	TURKEY STEW WITH VEGETABLES	224
BAKED NOODLES	165	ORZO WITH RICE	171	PENNE WITH SAUCE	205	CHEESE AND PARSLEY PASTRY	228	BULGUR RICE	117
FRUIT	100	BROWNIE	336	FRUIT	100	FRUIT	100	FRUIT	
<u>SALADBAR</u>		<u>SALADBAR</u>		<u>SALADBAR</u>		<u>SALADBAR</u>		<u>SALADBAR</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		SHELL BEANS 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	BROWNIE	336	FRUIT	100	FRUIT	100	GRAPE CAKE/FRUIT TEA	187
MONDAY, SEPTEMBER 24 <sup>TH</sup> , 2018		TUESDAY, SEPTEMBER 25 <sup>TH</sup> , 2018		WEDNESDAY, SEPTEMBER 26 <sup>TH</sup> , 2018		THURSDAY, SEPTEMBER 27 <sup>TH</sup> , 2018		FRIDAY, SEPTEMBER 28 <sup>TH</sup> , 2018	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
OLIVES/FETA CHEESE/EGGS/TOMATOES/CUCUMBER/JAM/FRUIT TEA	259	CREPE/TAHİN MOLASSES/CHEESE/MILK	356	CREAM CHEESE/MIXED OLIVES/EGGS/TOMATOES/HONEY/CUCUMBER/MILK	325	KASHAR CHEESE TOASTIE/MILK	300	CREAM CHEESE/OLIVES/EGGS/TOMATOES/CUCUMBER/JAM/MILK	315
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
EZOGLIN RED LENTIL SOUP	180	LAMB WEDDING SOUP	189	CRACKED WHEAT SOUP WITH YOGHURT	175	RED LENTIL SOUP	176	TOMATO AND VEGETABLE SOUP	165
MANTI (TURKISH DUMPLINGS)	256	MEAT AND CHICKPEA STEW	208	MEATLOAF	210	SPINACH AND MINCED MEAT STEW	162	ALBANIAN STYLE FRIED LIVER	250
BAKED NOODLES AND MEAT	258	POTATO CASSEROLE	235	VEGETARIAN COURGETTES IN OLIVE OIL	100	GREEN PEAS WITH MEAT	221	TURKEY STEAK	260
BREADED VEGETABLES	147	COUSCOUS PILAF	179	SPAGHETTI WITH SAUCE	205	ROLLED PASTRY WITH CHEESE	227	HREDDDED VERMICELLI	221
FRUIT	100	PANNA COTTA	191	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		SHELL BEANS 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	PANNA COTTA	191	FRUIT	100	FRUIT	100	BISCUITS/FRUIT TEA	180