

TARABYA BRITISH SCHOOLS - TARABYA APRİL 2019 MENU

01.04.2019 MONDAY		02.04.2019 TUESDAY		03.04.2019 WEDNESDAY		04.04.2019 THURSDAY		05.04.2019 FRIDAY	
Lunch		Lunch		Lunch		Lunch		Lunch	
Tarhana Soup	134	Ezogelin Soup	134	Corn Soup with Dill	180	Vegetables Soup	189	Tutmaç Soup	195
Chinese Chicken With Vegetables	228	Peas With Mint	223	Seasonal Vegetables With Meat	216	Döner	242	Fried Chicken	262
Purlane	165	Sauted Mushrooms With Vegetables	165	Clauflower Gratin	214	Fried Potatoes	135	Green Lentil	167
Rice of Wheat Grains	291	Fusulli With Napoliten Sauce	256	Vermicelli	256	Rice With Corn	256	Spaghetti With Bolonez Sauce	256
Salad Bar		Salad Bar		Salad Bar		Salad Bar		Salad Bar	
Garden Salad		Chef Salad		Aegean Salad		Rocket Salad		Garden Salad	
Carrot		Carrot		Carrot		Carrot		Carrot	
Red Cabbage		Red Cabbage		Red Cabbage		Radish		Red Cabbage	
Leek with Olive Oil		Potato Salad		Broccoli With Olive Oil		Şakşuka With Olive Oil		Cucumber with Yoghurt and Dry Mint	
Kemalpaşa Dessert	252	Pudding With Choclate	214	Bülbül Yuvası Dessert	276	Semolina Dessert	266	Keşkül	214
Fruit	100	Fruit	100	Fruit	100	Fruit	100	Fruit	100
Yoghurt	46	Yoghurt	46	Yoghurt	46	Ayran	46	Yoghurt	46
08.04.2019 MONDAY		09.04.2019 TUESDAY		10.04.2019 WEDNESDAY		11.04.2019 THURSDAY		12.04.2019 FRIDAY	
Lunch		Lunch		Lunch		Lunch		Lunch	
Yoghurt Soup with Dry Mint	175	Vermicelli Soup	180	Ezogelin Soup	234	Vegetables Soup	189	Tomato Soup With Basil	175
Palace Meatballs	245	Chicken With Bechamel Sauce and vegetables	262	Baked Potatoes with Meat	174	White Bean With Meat	292	Sauted Meat With Vegetables	272
Pumpkin Carnation	171	Chickpea	228	Spinach Gratin	105	Cabbage Stew	171	Vegetable Gratin	268
Shredded Vermicelli	256	Rice of Wheat Grains	291	Spaghetti With Bolonez Sauce	256	Rice With Butter	256	Rice of Wheat Grains	291
Salad Bar		Salad Bar		Salad Bar		Salad Bar		Salad Bar	
Green Salad		Garden Salad		Chef Salad		Aegean Salad		Green Salad	
Carrot		Carrot		Carrot		Carrot		Carrot	
Red Cabbage		Red Cabbage		Red Cabbage		Red Cabbage		Red Cabbage	
Kısır		Broccoli With Olive Oil		Müçver (Fried Vegetables)		Mixed pickles		Haydari	
Pudding With Raspberry Sauce	214	Wet Cake	295	Rice Pudding	214	Pudding With Banana	214	Bülbül Yuvası Dessert	276
Fruit	100	Fruit	100	Fruit	100	Fruit	100	Fruit	100
Yoghurt	46	Yoghurt	46	Yoghurt	46	Yoghurt	52	Yoghurt	46
15.04.2019 MONDAY		16.04.2019 TUESDAY		17.04.2019 WEDNESDAY		18.04.2019 THURSDAY		19.04.2019 FRIDAY	
Lunch	CALORY	Lunch	KALORI	Lunch	CALORY	Lunch	CALORY	Lunch	CALORY
Broccoli Soup	134	Ezogelin Soup	175	Yoghurt Soup with Dry Mint	175	Tomato Soup With Basil	180	Wedding Soup	174
İzmir Meatballs	221	Mixed Grill	245	turkey With Thyme	248	Chickpea with Meat	228	Meatballs with Barbeque Sauce	278
Kidney Bean	116	Fried Potatoes	165	Pumpkin	140	Baked Peas	135	Clauflower Gratin	214
Rice of Wheat Grains	291	Rice With Butter	256	Fusulli With Napoliten Sauce	256	Rice With Carrot	256	Farfalle	256
Salad Bar		Salad Bar		Salad Bar		Salad Bar		Salad Bar	
Aegean Salad		Green Salad		Garden Salad		Chef Salad		Aegean Salad	
Carrot		Carrot		Carrot		Carrot		Carrot	
Red Cabbage		Red Cabbage		Red Cabbage		Red Cabbage		Red Cabbage	
Pasta Salad With Yoghurt		Lentil Ball		Wheat Salad With Yoghurt		Mixed pickles		Purlane	
Brownie	295	Keşkül	214	Tulumba Dessert	254	Pudding With Strawberry	214	Semolina Dessert	266
Fruit	100	Fruit	100	Fruit	100	Fruit	100	Fruit	100
Yoghurt	46	Ayran	46	Yoghurt	46	Cucumber with Yoghurt and Dry Mint	52	Yoghurt	46
22.04.2019 MONDAY		23.04.2019 TUESDAY		24.04.2019 WEDNESDAY		25.04.2019 THURSDAY		26.04.2019 FRIDAY	
Lunch	CALORY	Lunch	KALORI	Lunch	CALORY	Lunch	CALORY	Lunch	CALORY
Corn Soup with Dill	180	Tutmaç Çorba	195	Yoghurt Soup with Dry Mint	175	Lentil Soup	180	Vermicelli Soup	180
Chicken Döner	228	Cabbage With Meatball	264	Chicken Chop	228	Chickpea with Meat	228	Peas With Meat	228
Fried Potatoes	214	Spinach	114	Seasonal Vegetables	214	Cabbage Stew	171	Green Bean	114
Rice With Vegetables	256	Rice of Wheat Grains	291	Spaghetti With Tomato Sauce	256	Rice	256	Rice of Wheat Grains	291
Salad Bar		Salad Bar		Salad Bar		Salad Bar		Salad Bar	
Chef Salad		Aegean Salad		Green Salad		Garden Salad		Chef Salad	
Carrot		Carrot		Carrot		Carrot		Carrot	
Red Cabbage		Red Cabbage		Red Cabbage		Red Cabbage		Red Cabbage	
Şakşuka With Olive Oil		Tabboule		Barley Noodle With Chicken		Mixed pickles		Lentil Balls	
Revani Dessert	359	Kemalpaşa Dessert	252	Gummy Pudding	214	Şekerpare Dessert	226	Pudding With Strawberry	214
Fruit	100	Fruit	100	Fruit	100	Fruit	100	Fruit	100
Yoghurt	46	Yoghurt	46	Yoghurt	46	Cucumber with Yoghurt and Dry Mint	52	Yoghurt	46
29.04.2019 MONDAY		30.04.2019 TUESDAY							
Lunch	KALORI	Lunch	KALORI						
Lentil Soup	180	Tarhana Soup	134						
Meatball With Kashar	278	Döner	242						
Pumpkin	140	Fried Potatoes	214						
Fusulli With Bolonez Sauce	256	Rice With Butter	256						
Salad Bar		Salad Bar							
Garden Salad		Chef Salad							
Carrot		Carrot							
Red Cabbage		Red Cabbage							
Walnut Bat		Eggplant Stuffed with Onion, Garlic and Tomato							
Tulumba Dessert	254	Pudding With Choclate	214						
Fruit	100	Fruit	100						
Yoghurt	46	Ayran	46						