

TARABYA BRITISH SCHOOLS - YENIKOY APRİL 2019 MENU

01.04.2019 MONDAY		02.04.2019 TUESDAY		03.04.2019 WEDNESDAY		04.04.2019 THURSDAY		05.04.2019 FRIDAY	
BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
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
Purslane	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	
Yoghurt	46	Yoghurt	46	Yoghurt	46	Ayran	46	Yoghurt	46
Snack		Snack		Snack		Snack		Snack	
Cookies		Granny Apple		Tiramisu in Shot Glasses		Kiwi		Linzer	
08.04.2019 MONDAY		09.04.2019 TUESDAY		10.04.2019 WEDNESDAY		11.04.2019 THURSDAY		12.04.2019 FRIDAY	
BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
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	
Kisir		Broccoli With Olive Oil		Müçver (Fried Vegetables)		Mixed pickles		Haydari	
Yoghurt	46	Yoghurt	46	Yoghurt	46	Yoghurt	52	Yoghurt	46
Snack		Snack		Snack		Snack		Snack	
Mosaic Cake		Mandarin		Apple Pie		Banana		Linzer	
15.04.2019 MONDAY		16.04.2019 TUESDAY		17.04.2019 WEDNESDAY		18.04.2019 THURSDAY		19.04.2019 FRIDAY	
BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
Lunch		Lunch		Lunch		Lunch		Lunch	
Broccoli Soup	134	Ezogelin Soup	175	Yoghurt Soup with Dry Mint	175	Tomato Soup With Basil	180	Wedding Soup	174
Izmir Meatball	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		Purslane	
Yoghurt	46	Ayran	46	Yoghurt	46	Cucumber with Yoghurt and Dry Mint	52	Yoghurt	46
Snack		Snack		Snack		Snack		Snack	
Pear		Muffin		Orange		Carrot Cake with White Choclate		Granny Apple	
22.04.2019 MONDAY		23.04.2019 TUESDAY		24.04.2019 WEDNESDAY		25.04.2019 THURSDAY		26.04.2019 FRIDAY	
BREAKFAST	CALORY	Kahvaltı	CALORY	Kahvaltı	CALORY	Kahvaltı	CALORY	Kahvaltı	CALORY
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
Lunch		Lunch		Lunch		Lunch		Lunch	
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		Tabbule		Barley Noodle With Chicken		Mixed pickles		Lentil Balls	
Yoghurt	46	Yoghurt	46	Yoghurt	46	Cucumber with Yoghurt and Dry Mint	52	Yoghurt	46
Snack		Snack		Snack		Snack		Snack	
Wet Cake		Pear		Apple Pie		Kiwi		Linzer	
29.04.2019 MONDAY		30.04.2019 TUESDAY							
BREAKFAST	CALORY	BREAKFAST	CALORY						
BUFFET BREAKFAST		BUFFET BREAKFAST							
Lunch		Lunch							
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							
Yoghurt	46	Ayran	46						
Snack		Snack							
Granny Apple		Muffin							