

TBS / 2022 December Lunch Menu

TBS / 2022 December Lunch Menu									
Monday		Tuesday		Wednesday		Thursday		Friday	
01.12.22		Cal		02.12.22		Cal			
						Tarhana Soup	180	Lentil Soup	112
						Chickpeas with Meat	379	Beef Souted with Mushrooms	397
						Stuffed Tomatoes with Rice	229	Meatless Spinach	120
						Bulghur Pilaf with Tomato	215	Rice	210
						Green Salad		Egean Salad	
						Carrot Salad		Carrot Salad	
						Red Cabbage Salad		Red Cabbage Salads	
						Yoghurt		yoghurt	
						Pickles		Leek with Olive Oil	
Snack		Snack		Snack		Snack		Snack	
05.12.22		Cal		06.12.22		Cal		07.12.22	
Cal		06.12.22		Cal		07.12.22		Cal	
Tomato Soup	210	Corn Soup	205	Lentil Soup	180	Tarhana Soup	180	Broccoli Soup	110
Turkish Kebabi	280	Chicken Shcinitset	245	Eggplant with Meat	315	Stuffed white Cabbage with Meat	238	Tantuni Wrap	208
Caullflower Gratin	205	Zucchini with Tomato	128	Pea	144	Fresh Beans	114	Cabbage with Tomato	171
Rice	210	Farfalle with Napolitan Souce	210	Rice	218	Cuscus	230	Rice	218
Mixed Green Salad		Garden Salad		Green Salad with Cheese		Green Salad		Green Salad	
Carrot Salad		Carrot Salad		Carrot Salad		Red Cabbage Salad		Carrot Salad	
Red Cabbage Salad		Yoghurt & Cucumber		Cack		Carrot Tarator		Pickles	
Yoghurt		Celery with Olive Oil		Red Cabbage Salad		Carrot Salad		yoghurt	
Green Lentil Salad		Red Cabbage Salad		Broccoli with Olive Oil		yoghurt		Red Cabbage Salad	
Snack		Snack		Snack		Snack		Snack	
Red Apple		Croissant		Kiwi		Cookies		Orange	
12.12.22		Cal		13.12.22		Cal		14.12.22	
Cal		13.12.22		Cal		14.12.22		Cal	
Mushroom Soup	231	Turkish Wedding Soup	93	Chicken Soup	190	Yoghurt Soup	150	Pumpkin Soup	181
Meatballs with Barbeque Souce	239	Chicken with Soya Souce	212	Turkish Kebabi	245	Dry Beans with Meat	379	Christmas Turkey	
Meatless Green Lentils	117	Spinach	120	Eggplant with Tomato Souce	173	Mixed Vegetables	76	Baked Mixed Vegetable	205
Rice	218	Rice	215	Bulghur Pilaf	215	Rice	218	Pilaf	218
Green Salad with Grape		Chef Salad		Green Salad		Green Salad		Green Salad	
Carrot Salad		Yoghurt		Carrot Salad		Carrot Salad		Carrot Salad	
Yoghurt		Carrot Salad		Red Cabbage Salad		Pickles		Haydari	
Red Cabbage Salad		Mexican Salad		Potato Salad with Mustard		Yoghurt		Tomato and pepper	
Brussell Cabbage with olive Oil		White Cabbage Salad		Yoghurt		Cold Sousage with Tomato Souce		Bulghur with Pomagranade Souce	
Snack		Snack		Snack		Snack		Snack	
Pear		Pastry with Potato		Orange		Pizza		Green Apple	
19.12.22		Cal		20.12.30		Cal		21.12.22	
Cal		20.12.30		Cal		21.12.22		Cal	
26.12.22		Cal		27.12.22		Cal		28.12.22	
Cal		27.12.22		Cal		28.12.22		Cal	
29.12.22		Cal		30.12.22		Cal		31.12.22	
Cal		30.12.22		Cal		31.12.22		Cal	

Christmas Vacation

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