

TBS / 2022 September Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
05.09.22		Cal	06.09.22		Cal	07.09.22		Cal	08.09.22		Cal	09.09.22		Cal
Tomato Soup	210	Lentil Soup	238	Carrot Soup with Cream	206	Lentil Soup with Tomato	238	Broccoli Soup	110					
Crispy Chicken & Fried Potatoes		İskender with yoghurt	337	Eggplant with meat	315	Meatballs with Veggy	307	Tortilla Tantuni	208					
Grilled Meatball & Potato Croquettes		Roasted Vegetables	76	Spinach	168	Baked Veggy	205	Pea witout Meat	144					
Penne		Noodle	218	Rice	218	Bulgur Pilaf with tomato	215	Rice	218					
Bulgur with pomegranate syrup		Green Salad		Green Salad		Green Salad		Green Salad						
Tomato&Cucumber Salad		Carrot Salad		Red Cabbage Salad		Red Cabbage Salad		Carrot Salad						
Zucchini Tarator		Red Cabbage Salad		Carrot Salad		Carrot Salad		Red Cabbage Salad						
Mixed Green Salad		Yoghurt		Yoghurt		Yoghurt		Yoghurt						
Margherita&Veggy&Mixed Pizza		Stuffed Grape leaves with Oliveoil		Haydari		Cauliflower with olive oil		Pickle						
		Croissant		Banana		Pastry with Potato		Nectarine						
12.09.22		Cal	13.09.22		Cal	14.09.22		Cal	15.09.22		Cal	16.09.22		Cal
Tarhana Soup	180	Corn Soup	205	Tomato Soup	210	Yoghurt Soup with mint	150	Carrot Soup with Cream	206					
Chicken Shcinitzel	285	Meat and Vegetables wrapped in paper	245	Stuffed Pepper with meat	262	Turkey Tandoori	255	Albanian Style Liver	377					
Veggy Gratine	205	Chickpeas	132	Baked Potato with Cream	229	Fresh Bean	114	Zucchini without Meat	128					
Fusulli with Olives	210	Rice	218	Noodle	230	Bulgur Pilaf	215	Rice	218					
Green Salad		Green Salad		Green Salad		Green Salad with dry fruits		Mixed Green Salad						
Carrot Salad		Yoghurt		Red Cabbage Salad		Yoghurt Soup with mint		White Bean						
Red Cabbage Salad		Radish Salad		Carrot Salad		Red Cabbage Salad		Carrot Salad						
Yoghurt		Carrot Tarator		Yoghurt		Beet Salad with Yoghurt		Red Cabbage Salad						
Zucchini Tarator		Vegetables with Olive Oil		Mushrooms with olive oil		Zucchini with olive oil		Yoghurt						
Chocolate Cake		Grape		Pastry wit Cheese		Pear		Banana						
19.09.22		Cal	20.09.22		Cal	21.09.22		Cal	22.09.22		Cal	23.09.22		Cal
Mushroom Soup	231	Tarhana Soup	180	Minestrone Soup	230	Corn Soup	205	Lentil Soup	238					
Turkish Ravioli	308	Beans with Meat	379	Chicken with Mushrooms	205	Turkish Forest Kebab	245	BBQ Fish	195					
Spinach with Tomato	168	Stuffed Tomato with Rice	229	Eggplant with Tomato	124	Roasted Zucchini	128	Mixed Vegetables	144					
Mixed Fried Veggy		Bulgur Pilaf with Tomato	215	Farfalle	230	Rice	215	Spaghetti	230					
Chef Salad		Green Salad with Cheese		Green Salad		Green Salad		Rocket Salad						
Carrot Salad		Carrot Salad		Carrot Salad		Yoghurt		Radish Salad						
Brusell Cabbage Salad		Red Cabbage Salad		Mexican Salad		Radish Salad		Carrot Salad						
Red Cabbage Salad		Yoghurt		Yoghurt		Haydari		Red Cabbage Salad						
Yoghurt		Lentilballs		Beet Salad with Yoghurt		Mix Vegetables with Olive Oil		White Bean salad						
Mini Pizza		Peach		Pastry with potato		Watermelon		Cookies						
26.09.22		Cal	27.09.22		Cal	28.09.22		Cal	29.09.22		Cal	30.09.22		Cal
Tarhana Soup	180	Wedding Soup	93	Lentil Soup	190	Tomato Soup	210	Hamburger Day						
Meatball with cheese	309	Chicken Cubes with Soya Souce	212	Stuffed Grape leaves with Meat	238	Meat Souted with vegetables	397							
Roasted Mushrooms	188	Spinach with Tomato	120	Potato with celery	224	Eggplant with tomato	124							
Rice	210	Rice	215	Cuscus with mixed Veggy	182	Rice	210							
Green Salad		Green Salad with Dry Grape		Green salad with Apple		Green Salad								
Turp Salatası		Yoghurt		Yoghurt		Carrot Salad								
Carrot Salad		Carrot Salad		Red Cabbage Salad		Pickle								
Yoghurt		Potato Salad with mustard		Beet Salad with Yoghurt		Yoghurt								
Artichoke with Olive Oil		White Cabbage Salad		Fresh Beans with olive oil		American Salad								
Cupcake		Grape		Pasty with Spinach		Granny Smith Apple								