

TBS / 2023 January Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
02.01.23		03.01.23		04.01.23		05.01.23		06.01.23	
Lentil Soup	190	Yoghurt Soup and Dry Mint	150	Tomato Soup	210	Lentil Soup	238	<b>Hamburger Day</b>	
Meatballs with Cheese	309	Sesame Chicken Cubes with Sweet Chili Soslu	245	Stuffed Peppers with Meat	262	Dry Beans with Meat	379		
Meatless Zucchini	128	Spinach with Tomato Souce	120	Fresh Beans with Tomato Souce	114	Roasting Mushrooms	180		
Rice	210	Farfalle Napolitan	230	Noodle	230	Bulghur Pilaf	215		
Green Salad		Green Salad with Feta Cheese		Green Salad		Green Salad with dry Apricot			
Radish Salad		Carrot Salad		Carrot Salad		Carrot Salad			
Carrot Salad		Yoghurt		Yoghurt		Red Cabbage Salad			
Yoghurt		Red Cabbage Salad		Red Cabbage Salad		Yoghurt			
Amerikan Salad		Broccoli with Olive Oil		Beet Salad		Pickles			
Snack		Snack		Snack		Snack		Snack	
Red Apple		Coke with Dry Fruits		Mandrin		Pastry with Cheese		Orange	
09.01.23		10.01.23		11.01.23		12.01.23		13.01.23	
Tomato Soup	210	Creamy Carrot Soup	140	Mushroom Soup	231	Corn Soup	205	<b>Live Cooking Chicken Döner</b>	
Akçaabat Meatballs	384	Chicken Shcinitse	285	Eggplant with Meat	315	Phyllo Kebab	245		
Veggy Gratine	205	Stuffed Tomatoes with Rice	229	Meatless Peas	144	Meatless Cheakpeas	132		
Rice	210	Penne Arabiata	210	Bulghur Pilaf with Tomato	215	Rice	218		
Egean Salad		Green Salad		Garden Salad		Green Salad			
Carrot Salad		Carrot Salad		Carrot Salad		Yoghurt			
Yoghurt		Red Cabbage Salad		Red Cabbage Salad		Red Cabbage Salad			
Red Cabbage Salad		Yoghurt		Red Beans with Olive Oil		Haydari			
Acılı Ezme		Potato Salad with Mustard		Yoghurt		Radish Salad			
Snack		Snack		Snack		Snack		Snack	
Kiwi		Pizza		Green Apple		Coockies		Banana	
16.01.23		17.01.23		18.01.23		19.01.23		20.01.23	
Lentil Soup	180	Turkish Wedding Soup	93	Broccoli Soup	110	Yoghurt Soup with Dry Mint	150	Tutmaç Soup	
Meatballs with Yoghurt Souce	337	Crispy Chicken	245	Turkish Forest Kebab	245	Turkey Tandoori	255	Beef Boil with Vegetables	
Spinach Sufle with Cream	168	Fresh Beans	114	Mixed Vegetables	205	Meatless Zucchini	128	Roasted White Cabbage	
Bulghur Pilaf	215	Cuscus with Vegetables	210	Rice with Tomato Souce	215	Bulghur Pilaf	215	Rice	
Mixed Green Salad		Green Salad		Garden Salad		Green Salad		Green Salad	
Red Cabbage Salad		Carrot Salad		Yoghurt		Yoghurt		Yoghurt	
Carrot Salad		Red Cabbage Salad		Radih Salad		Red Cabbage Salad		Red Cabbage Salad	
Yoghurt		Celery with Olive Oil		Beet Salad		Carrot Tarator		Carrot Salad	
Pickles		Yoghurt		Mushrooms with Olive Oil		Green Lentil Salad		Dry Bean Salad	
Snack		Snack		Snack		Snack		Snack	
Mandrin		Pastry with Spinach		Red Apple		Brownie		Orange	
23.01.23		24.01.23		25.01.23		26.01.23		27.01.23	
Lentil Soup	238	Yoghurt Soup	180	Tarhana Soup	180	Pumpkin Soup	160	<b>Pide Day</b>	
Roast Beef Meatballs	318	Potatoes with Beef	285	Chicken Cubes on Skewers	208	Mixed Vegetables with Beef	315		
Meatless Green Lentils	117	Meatless Peak	144	Potatoes with Cream	76	Cauliflower Gratine	203		
Rice with Corn	214	Bulghur Pilaf	235	Spaghetti Bolognese	210	Rice	215		
Green Salad		Green Salad with Cheese		Mixed Green Salad		Garden Salad			
Carrot Salad		Carrot Salad		Carrot Salad		Red Cabbage Salad			
Red Cabbage Salad		Yoghurt		Red Cabbage salad		Beet with Yoghurt			
Yoghurt		Red Cabbage Salad		Yoghurt		Carrot Salad			
Fresh Beans with Olive Oil		Leek with Olive Oil		Bulghur with Pomagranate Soucu		Yoghurt			
Snack		Snack		Snack		Snack		Snack	
Green Apple		Coockies		Pear		Pastry with Cheese		Banana	
30.12.23		31.12.23		01.02.23		02.02.23		03.03.23	
<b>Semestre Break</b>									