

TBS / 2022 November Lunch Menu									
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
31.10.22	Cal	01.11.22	Cal	02.11.22	Cal	03.11.22	Cal	04.11.22	Cal
Lentil Soup	190	Corn Soup	205	Alaca Soup	207	Minestrone Soup	230	Pumpkin Soup	160
Meatballs with Fried Potatoes	267	Stuffed Grape leaves with Me	238	Chicken Soute	212	Dry Beans with Meat	379	Chopstick Kebap	361
Karnabahar Graten	205	Mixed Vegetables	76	Spinach	168	Potato&Celery	224	Zucchini	128
Rice with Vegetables	215	Cuscus	210	Farfalle	210	Bulgur Rice	215	Rice	210
Green Salad		Green Salad		Green Salad		Green Salad		Mixed Green Salad	
Carrot Salad		Carrot Salad		Zucchini Tarator		Carrot Salad		Carrot Salad	
Yoghurt		Red Cabbage Saladsı		Yoghurt		Pickles		Yoghurt	
Red Cabbage Salad		Haydari		Green Lentil Salad		Yoghurt		Red Cabbage Salad	
Noodle Salad		Yoghurt		Red Cabbage Salad		Broccoli with Olive Oil		Potato Salad	
<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>	
<i>Pastry with Spinach</i>		<i>Red Apple</i>		<i>Cake with Dry Fruits</i>		<i>Pear</i>		<i>Pastry with potato</i>	
07.11.22	Cal	08.11.22	Cal	09.11.22	Cal	10.11.22	Cal	11.11.22	Cal
Tomato Soup	210	Tarhana Soup	180	Şafak Soup	190	Noodle Soup	181	Tutmaç Sop	195
Small Meatballs with mixed spices	230	Eggplant with Meat	315	Turkey Souted	186	Chickpeas with Meat	379	Beef Souted with Veggy	397
Roasted Mushrooms	188	Green Lentil	117	Meatless Bean	144	Cauliflower	205	Stuffed Tomato with Rice	229
Rice	210	Rice	215	Fusulli with Olive	210	Rice	210	Bulgur Rice	215
Chef Salad		Green Salad with dry Apricot		Green Salad		Green Salad with Cheese		Mixed Green Salad	
Carrot Salad		Carrot Salad		Yoghurt		Red Cabbage Salad		Red Cabbage Salad	
Yoghurt		Yoghurt		Red Cabbage Salad		Cacik		Carrot Salad	
Red Cabbage Salad		Red Cabbage Salad		Beet Salad with Yoghurt		Carrot Salad		Yoghurt	
Mexican Salad		Cucumber with Yoghurt		Fresh Bean with olive Oil		Stuffed Cabbage wit Olive oil		Cauliflower with Olive Oil	
<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>	
<i>Banana</i>		<i>Pastry with Cheese</i>		<i>Green Apple</i>		<i>Cake with Cacao</i>		<i>Mandrin</i>	
14.11.22	Cal	15.11.22	Cal	16.11.22	Cal	17.11.22	Cal	18.11.22	Cal
Broccoli Soup	110	Tomato Soup	210	Chicken Soup	231	Lentil Soup	231	Yoghurt Çorbasi	108
Baked Meatballs	280	Chicken Baget	239	Turkish Kebap with Veggy	245	Turkish Ravioli	308	Turkish Meatballs	253
Eggplant with Tomato Souce	173	Baked Vegetables	185	Purslane	165	Veggy Gratin	205	Souted Mushrooms	160
Rice	210	Penne	230	Rice	215	Mixed Fried Veggy	215	Spagheti	230
Green Salad		Green Salad		Egean Salatası		Chef Salata		Green Salad	
Carrot Salad		Carrot Salad		Yoghurt		Carrot Salad		Lentil Meatballıssi	
Red Cabbage Salad		Red Cabbage Salad		Red Radish Salad		Brussel Cabbage with Oliveoil		Carrot Salad	
Yoghurt		Yoghurt		Carrot Tarator		Red Cabbage Salad		Red Cabbage Salad	
Brussel Cabbage with Oliveoil		Şakşuka		Cauliflower with Olive Oil		Yoghurt		Yoghurt	
<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>	
<i>Pear</i>		<i>Croissant</i>		<i>Orange</i>		<i>Pizza</i>		<i>Grape</i>	
21.11.22	Cal	22.11.22	Cal	23.11.22	Cal	24.11.22	Cal	25.11.22	Cal
Lentil Soup	238	Yoghrt Soup	150	Lentil Soup	190	Tarhana Soup	180	Carrot Soup with Cream	140
Meatballs	307	Kentecky Chicken	239	Stuffed Peppers with Meat	262	Turkey Tandouri	255	Beef Soute with Mushrooms	225
Meatless Chickpeas	132	Veggy Gratin	205	Meatless Pea	144	Spinach	168	Baked Potatoes	229
Rice	210	Pasta with Tomato Souce	230	Noodle	230	Rice	210	Rice	210
Green Salad		Green Salad with Cheese		Green Salad		Green Salad		Green Salad	
Carrot Salad		Carrot Tarator		Carrot Salad		Carrot Salad		Red Cabbage Saladsı	
Red Cabbage Salad		Kisir		Beet Salad with Yoghurt		Red Cabbage Salad		Cauliflowr with Olive Oil	
Yoghurt		Cacik		Red Cabbage Salad		Yoghurt		Yoghurt	
Zucchini Tarator		Şakşuka		Broccoli with Olive Oil		Brussel Cabbage with Oliveoil		Fresh Beans with Olive Oil	
<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>	
<i>Red Apple</i>		<i>Cake with dry fruit</i>		<i>Mandrin</i>		<i>Cookie</i>		<i>Banana</i>	
28.11.22	Cal	29.11.22	Cal	30.11.22	Cal				
Yoghurt Soup	150	Tomato Soup	210	Turkish Wedding Soup	205				
Rosto Meatballs with Pure	383	Chicken with Vegetables	205	Lasagne	280				
Zucchini	120	Roasting Chard	165	Red Beans	185				
Rice	218	Mini Cube Pasta	210	Grilled Vegetables	170				
Green Salad with Corn		Green Salad		Chef Salata					
Carrot Salad		Red Cabbage Salad		Carrot Salad					
Red Cabbage Saladsı		Carrot Salad		Brusell Salad					
Haydari		Potato Salad with Mustard		Red Cabbage Salad					
Yoghurt		Yoghurt		Yoghurt					
<b>Snack</b>		<b>Snack</b>							
<i>Golden Apple</i>		<i>Brownie</i>							