TBS / 2022 October Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
03.10.22	**Cal**	**04.10.22**	**Cal**	**05.10.22**	**Cal**	**06.10.22**	**Cal**	**07.10.22**	**Cal**
Lentil Soup	190	Tarhana Soup	180	Corn Soup	205	Lentil Soup	238	Noodle Soup	181
Meatball with Potato Puree	383	Turkish Kebabi	315	Sweet Chili Soslu Susamlı Piliç Küpleri	245	Chickpeas with Meat	379	Beef Fillet	342
Mixed Vegetables	76	Zucchini with Tomato	128	Kremalı Fırın Patates	229	Spinach with Tomato	168	Baked Mix Veggy	235
Rice	210	Bulghur Pilaf	215	Penne Arabiata	246	Bulghur Pilaf	215	Rice	218
Garden Salad		Green Salad with Cheese		Green Salad with Feta Cheese		Green Salad with dry Apricot		Mixed Green Salad	
Carrot Salad		Carrot Salad		Carrot Salad		Red Cabbage Salad		Carrot Salad	
Yoghurt		Yoghurt		Yoghurt		Cacık		Yoghurt	
Red Cabbage Salad		Red Cabbage Salad		Red Cabbage Salad		Carrot Salad		Red Cabbage Salad	
Mexican Bean Salad		Brussel Cabbage with Olive oil		Broccoli with Olive oil		Pickles		Artichoke with Olive oil	
Snack		**Snack**		**Snack**		**Snack**		**Snack**	
Banana		*Pastry with Cheese*		*Angelique Plum*		*Cake with Cacao*		*Red Apple*	
10.10.22	**Cal**	**11.10.22**	**Cal**	**12.10.22**	**Cal**	**13.10.22**	**Cal**	**14.10.22**	**Cal**
Mushroom Soup with Cream	231	Broccoli Soup	110	Tomato Soup	210	Lentil Soup	190		
Meatballs with Barbeque Souce	239	Crispy Chicken	239	Potates with meat	285	Turkey Osso Buco			
Green Lentilswith Tomato	117	Eggplant with Tomato Souce	173	Pea	144	Veggy Gratine	205		
Rice	210	Fusulli	230	Bulghur with Green Lentil	235	Noodle	230		
Tomato&Cucumber Salad		Green Salad		Green Salad		Mixed Green Salad		**Live Cooking Chicken Döner**	
Carrot Salad		Carrot Salad		Carrot Salad		Carrot Salad			
Yoghurt		Yoghurt		Yoghurt		Yoghurt			
Red Cabbage Salad		Red Cabbage Salad		Red Cabbage Salad		Red Cabbage Salad			
Zucchini Tarator		Cucumber with Yoghurt		Fresh Beans with Olive Oil		Haydari			
Snack		**Snack**		**Snack**		**Snack**		**Snack**	
Pears		*Pastry with Cheese*		*Kiwi*		*Pizza*		*Orange*	
17.10.22	**Cal**	**18.10.22**	**Cal**	**19.10.22**	**Cal**	**20.10.22**	**Cal**	**21.10.22**	**Cal**
Lentil Soup	190	Carrot Soup with Cream	140	Tomato Soup	210	Dereotlu Mısır Çorba	205	Lentil Soup	238
Chicken On Skewers	208	Akçaabat Meatballs	384	Stuffed Peppers with Meat	262	Yufka Kebabı	245	Adana Meatball with Barbeque	361
Baked Potato with Cream	229	Spinach Sufle	168	Fresh Beans	114	Pazı Kavurma	124	Zucchini with Tomato	128
Spaghetti Bolognese	224	Rice	210	Farfalle with Napolitan Souce	210	Bulghur	215	Rice	210
Green Salad		Garden Salad		Green Salad		Egean Salad		Green Salad	
Carrot Salad		Carrot Salad		Carrot Salad		Carrot Salad		Carrot Salad	
Yoghurt		Yoghurt		Yoghurt		Yoghurt		Yoghurt	
Red Cabbage Salad		Red Cabbage Salad		Red Cabbage Salad		Red Cabbage Salad		Red Cabbage Salad	
Carrot Tarator		Fried Mixed Veggy		Beet Salad		Broccoli with Olive Oil		Sausage Salad	
Snack		**Snack**		**Snack**		**Snack**		**Snack**	
Green Apple		*Coockies*		*Banana*		*Cake with Dry Grape*		*Mandarin*	
24.10.22	**Cal**	**25.10.22**	**Cal**	**26.10.22**	**Cal**	**27.10.22**	**Cal**	**28.10.22**	

AUTUMN BREAK

Snack		Snack		Snack		Snack		Snack	
31.10.22	**Cal**								
Lentil Soup	190								
Tekirdağ Köfte&Patates Kızartması	267								
Cauliflower Gratine	205								
Rice with Veggy	215								
Green Salad									
Carrot Salad									
Yoghurt									
Red Cabbage Salad									
Stuffed Grape leaves with Olive Oil									
Snack									
Pastry with Spinach									