

TBS / 2023 February Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
06.02.23		07.02.23		08.02.23		09.02.23		10.02.23	
	Cal		Cal		Cal		Cal		Cal
Lentil Soup	231	Mushroom Soup with Cream	231	Şafak Soup	190	Yoghurt Soup with Dry Mint	150	<b>Turkish Ravioli Day</b>	
İzmir Meatballs	280	Eggplant Kebap	315	Chicken Thigh	239	Turkish Hunter Kebap	245		
MEatless Peas	144	Spinach with tomato souce	120	Baked Potatoes	229	Chickpeas	132		
Rice	215	Bulghur Pilaf	215	Spaghetti	230	Rice	210		
Garden Salad		Green Salad with Dry Fruits		Green Salad		Green Salad with Dry Grape			
Carrot Salad		Yoghurt		Zucchini Tarator		Yoghurt			
Yoghurt		Radish Salad		Yoghurt		Carrot Salad			
Red Cabbage Salad		Yoğurtlu Pancar Salata		Green Lentil Salad		Potato Salad with mustard			
Fried Mixed Veggy		Beans with Olive Oil		Red Cabbage Salad		White Cabbage Salad			
Snack		Snack		Snack		Snack		Snack	
Red Apple		Cake with Fruit		Mandrin		Pastry with Cheese		Orange	
13.02.23		14.02.23		15.02.23		16.02.23		17.02.23	
	Cal		Cal		Cal		Cal		Cal
Wedding Soup	93	Alaca Soup	207	Corn Soup	205	Tomato Soup	210	Lentil Soup	190
Chicken Wings with Barbeque Souce	203	Stuffed Leafs with Meat	238	Meatballs with Potato Puree	383	Dry Beans with Meat	379	Tantuni Wrap	208
Fresh Beans with Tomato Souce	114	Meatless Zucchini	128	Green Lentils	117	Cauliflower Gratin	205	Mixed Vegetables	76
Cuscus	210	Napolitan Farfalle	210	Rice	210	Bulghur Pilaf	215	Fusulli with Olives	210
Green Salad with Cheese		Green Salad		Mixed Green Salad		Green Salad		Green Salad	
Carrot Salad		Carrot Salad		Carrot Salad		Carrot Salad		Red Cabbage Salad	
Red Cabbage Salad		Mexican Salad		Red Cabbage Salad		Pickles		Carrot Salad	
Yoghurt		Red Cabbage Salad		Yoghurt		Yoghurt		Yoghurt	
Lentilballs		Yoghurt		American Salad		Broccoli with Olive Oil		Pickles	
Snack		Snack		Snack		Snack		Snack	
Kiwi		Pizza		Green Apple		Coockies		Banana	
20.02.23		21.02.23		22.02.23		23.02.23		24.02.23	
	Cal		Cal		Cal		Cal		Cal
Ezogelin Soup	238	Yoghurt Soup	150	Tarhana Soup	180	Mushroom Soup with Cream	180	Minestrone Soup	230
Manisa Kebap	230	Chicken Cubes with Soya Souce	212	Meatballs and Potatoes	239	Turkey Tandoori	186	Beef Soute	397
Potato and Celery	224	Spinach with Tomato	120	Meatless Red Beans	120	Veggy Gratin	205	Meatless Cauliflower	213
Rice	215	Bolognese Pasta	210	Rice	210	Bulghur Pilaf	210	Rice	210
Green Salad		Green Salad with Cheese		Egean Salad		Chef Salad		Mixed Green Salad	
Yoghurt		Yoghurt		Carrot Salad		Carrot Salad		Yoghurt	
Red Cabbage Salad		Radish Salad		American Salad		Wheat Salad		Radish Salad	
Beet Salad with Yoghurt		Red Cabbage Salad		Yoghurt		Yoghurt with Mint		Zucchini Tarator	
Zucchini with olive oil		Leek with Olive Oil		Potato Salad		Celery with Olive Oil		Vegetables with Olive Oil	
Snack		Snack		Snack		Snack		Snack	
Mandrin		Pastry with Spinach		Red Apple		Brownie		Orange	
27.02.23		28.02.23							
	Cal		Cal		Cal		Cal		Cal
Lentil Soup	231	Carrot Soup with Cream	206						
Meatballs with Cheese	309	Chicken Emense	215						
Spinach Sufle	168	Meatless Eggplant	173						
Noodle	218	Pasta with Cheese	210						
Green Salad		Green Salad							
Carrot Salad		Yoghurt							
Red Cabbage Salad		Red Cabbage Salad							
Yoghurt		Beet Salad with Yoghurt							
Noodle Salad		Stuffed Leafs with Oliveoil							