TARABYA BRITISH SCHOOLS - TARABYA MARCH 2019 MENU

								FRIDAY 01.03.2019	
								Lunch	CALORY
								Creamy Mushroom Soup	114
								Meatball Hasanpasa	245
								Green Bean with Tomato	114
								Shredded Rice	256
								Saladbar	
								Green Salad	
								Carrot	
								Coleslaw	
								Spinach with Olive Oil	
								Lokma	
								Apple	
								Yoghurt	46
MONDAY 04.03.2019		TUESDAY 05.03.2019		WEDNESDAY 06.03.2019		THURSDAY 07.03.2019		FRIDAY 08.03.2019	
Lunch	CALORY	Lunch	CALORY	Lunch	CALORY	Lunch	CALORY	Lunch	CALORY
Lentil Soup	176	Tarhana Soup	134	Corn Soup with Dill	180	Tomato Soup With Kashar Cheese	189	Yoghurt Soup with Dry Mint	175
Meatballs in Sauce	245	Chicken Chop	228	Sauted Chicken with Curry Sauce	228	Caucasian Pasty	242	Meat Sauted Mushrooms	272
Cauliflower	127	Purslane	165	Pumpkin	140	Baked Peas	135	Cabbage Stew	171
Rice with Vegetables	256	Rice of Wheat Grains with Mint	291	Penne	256	Shredded Rice	256	Barley Noodle	256
Saladbar		Saladbar		Saladbar		Saladbar		Saladbar	
Aegean Salad		Garden Salad		Mixed Green Salad		Chef Salad		Rocket Salad with Radishes	
Carrot		Carrot		Carrot		Carrot		Carrot	
Red Cabbage		Kısır with Pomegranate Syrup		Red Cabbage		Red Cabbage		Red Cabbage	
Beet with Yoghurt		Mixed pickles		Wrapped Leaf with olive Oil		Potatoe Salad with Mustard		Chicken Noddle Salad	
Baklava with Milk		Fruit Cake		Pudding with Choclate		Fruit Cake		Dilber Dudağı	
Apple		Mandarin		Orange		Apple		Kiwi	
Yoghurt	46	Yoghurt	46	Yoghurt	46	Yoghurt	52	Yoghurt	46
MONDAY 11.03.2019		TUESDAY 12.03.2019		WEDNESDAY 13.03.2019		THURSDAY 14.03.2019		FRIDAY 15.03.2019	
Lunch	CALORY	Lunch	CALORY	Lunch	CALORY	Lunch	CALORY	Lunch	CALORY
Ezogelin Red Lentil Soup	180	Spring Soup	175	Chicken Vermicelli Soup	234	Vegetables Soup	114	Lentil Soup	176
Baked Whiting	228	Chicken Schnitzel	242	Mixed Stuffed Vegetables	294	China Style Chicken with Soy Suace	185	Eggplant Karnıyarık	313
Vegetables Gratin	268	Baked Peas	135	Roasting Chard	124	Clauflower Gratin	214	Cabbage Stew	171
Rice of Wheat Grains with Mint	291	Spaghetti	256	Pastry with Cheese Parsley Filling	228	Shredded Rice	256	Fusulli with Tomatoe Sauce	256
Salad Bar		Salad Bar		Salad Bar		Salad Bar		Salad Bar	
Garden Salad		Mixed Green Salad		Chef Salad		Aegean Salad		Green Salad	
Carrot		Carrot		Carrot		Carrot		Carrot	
Red Cabbage		Beet with Yoghurt		Radish		Haydari		Red Cabbage	
Leek with Olive Oil		Eggplant Stuffed with Onion, Garlic and Tomato		Cold Pasty		Sunchokes with Olive Oil		Potatoe Salad	
Baklava with Walnut		Mosaic Cake		Pudding with Choclate		Lokma		Carrot Cake	
Mandarin		Apple		Orange		Apple		Pear	
Yoghurt	46	Yoghurt	46	Yoghurt	46	Cucumber with Yoghurt and Dry Mint	52	Yoghurt	46
MONDAY 18.03.2019		TUESDAY 19.03.2019		WEDNESDAY 20.03.2019		THURSDAY 21.03.2019		FRIDAY 22.03.2019	
Lunch	CALORY	Lunch	CALORY	Lunch	CALORY	Lunch	CALORY	Lunch	CALORY
Tarhana Soup	134	Wedding Soup	175	Pumpkin Soup	57	Ezogelin Red Lentil Soup	180	Corn Soup with Dill	180
Baked Herring	278	Roast Meatballs with Puree	245	Chicken Fajita	228	Chicken with Roasted Eggplant	228	Baked Panga	278
Eggplant with Tomatoes	270	Purslane	165	Clauflower Gratin	214	Seasonal Vegetables	214	Vegetables Gratin	268
Rice of Wheat Grains	291	Rice with Butter	256	Barley Noddle	256	Rice of Wheat Grains	291	Fusulli with Napoliten Sauce	256
Salad Bar		Salad Bar		Salad Bar		Salad Bar		Salad Bar	
Mixed Green Salad		Aegean Salad with Tulum Cheese		Garden Dalad		Chef Salad		Rocket Salad with Radishes	
Carrot		Carrot		Carrot		Carrot		Carrot	
Red Cabbage		Beet with Yoghurt		Red Cabbage		Radish		Red Cabbage	
Coleslaw		Pendik Stewing with Olive Oil		Pumpkin with Olive Oil		Mixed pickles		Sunchokes with Olive Oil	
Palace Baklava with Walnut		Muffin		Pudding with Strawberry		Carrot Cake with White Choclate		Halvah	
Apple		Orange		Apple		Mandarin		Apple	
Yoghurt	46	Yoghurt	46	Yoghurt	46	Yoghurt	46	Yoghurt	46
MONDAY 25.03.2019		TUESDAY 26.03.2019		WEDNESDAY 27.03.2019		THURSDAY 28.03.2019		FRIDAY 29.03.2019	
Lunch	CALORY	Lunch	CALORY	Lunch	CALORY	Lunch	CALORY	Lunch	CALORY
Vegetables Soup	114	White Grain Soup	180	Ezogelin Red Lentil Soup	180	Yoghurt Soup with Dry Mint	175	Tomatoe Soup	175
Meatballs with Barbeque Sauce	245	Chicken with Bechamel Sauce	264	Albanian Chicken	233	Baked Kebap	245	Mixed Stuffed Vegetables	228
Pumpkin Carnation	171	Green Bean with Tomato	114	Clauflower Gratin	214	Roasted Spinach	105	Cabbage Stew	171
Barley Noddle	256	Penne	256	Rice of Wheat Grains with Tomatoe Paste	291	Shredded Vermicelli	256	Baked Pasty	266
Salad Bar		Salad Bar		Salad Bar		Salad Bar		Salad Bar	
Chef Salad		Green Salad		Tomatoes and Cucumber		Aegean Salad with Cheese		Mixed Green Salad	
Carrot		Carrot		Carrot		Carrot		Carrot	
Red Cabbage		Red Cabbage		Red Cabbage		Kısır with Pomegranate Syrup		Red Cabbage	
Clauflower with Olive Oil		Şakşuka with Olive Oil		Mixed pickles		Chicken Noddle Salad		Sunchokes with Olive Oil	
Pudding with Banana		Brownie		Şekerpare		Tulumba		Pudding with Choclate	
Orange		Pear		Apple		Mandarin		Kiwi	
Yoghurt	46	Yoghurt	46	Yoghurt	46	Yoghurt	46	Yoghurt	46