

TARABYA BRITISH SCHOOLS - TARABYA FEBRUARY 2019 MENU

04.02.2019 MONDAY		05.02.2019 TUESDAY		06.02.2019 WEDNESDAY		07.02.2019 THURSDAY		08.02.2019 FRIDAY	
Lunch		Lunch		Lunch		Lunch		Lunch	
Tomato Soup With Kasha Cheese	189	Broccoli Soup	176	Spring Soup	180	Tarhana Soup	134	Lentil Soup	176
Roasted Chicken with Colored Peppers	225	Meatball with Barbeque Sauce	248	Baked Potatoes with Mince	185	White Bean	245	Meatballs in Seasoned Tomato Souce	245
Roasted Spinach with Tomato	105	Green Bean with Tomato	114	Baked Peas	135	Eggplant Ragout	315	Vegetable Gratin	268
Rice with Butter	256	Fusulli	256	Rice with Wheat Grains	256	Rice with corn	256	Shredded Rice	256
Saladbar		Saladbar		Saladbar		Saladbar		Saladbar	
Garden Salad		Aegean Salad		Tomatoes and Cucumber		Chef Salad		Green Salad	
Carrot		Carrot		Carrot		Carrot		Carrot	
Red Cabbage		Red Cabbage		Red Cabbage		Red Cabbage		Red Cabbage	
Pumpkin with Olive Oil		Beet with Yoghurt		Lentil Balls		Wrapped Leaf with olive Oil		Green Bean with Olive Oil	
Orange	100	Pear	100	Apple	100	Mandarin	100	Apple	100
Pasta with Fruits	223	Baklava	276	Puding with Cacao	214	Şekerpare	294	Şöbiyet	276
Yoghurt	46	Cucumber with Yoghurt and Dry Mint	52	Yoghurt	46	Yoghurt	46	Yoghurt	46
11.02.2019 MONDAY		12.02.2019 TUESDAY		13.02.2019 WEDNESDAY		14.02.2019 THURSDAY		15.02.2019 FRIDAY	
Lunch		Lunch		Lunch		Lunch		Lunch	
Ezogelin Red Lentil Soup	180	Tarhana Soup	134	Tomato Soup With Kasha Cheese	189	Wedding Soup	179	Yoghurt Soup with Dry Mint	175
White Bean with Sausage	242	Seasonal Vegetables with Meat	214	Chicken Florantine	278	Panga	147	Grilled Meatballs & Grilled Chicken	260
Cabbage Stew	171	Purslane	130	Cauliflower Gratin	213	Baked Potatoes	130	Fried Potatoes & Grilled Tomato and Pepper	298
Rice of Wheat Grains	256	Shredded Vermicelli	256	Vermicelli with Cheese	304	Penne	256	Spaghetti with Pesto Sauce	256
Saladbar		Saladbar		Saladbar		Saladbar		Saladbar	
Aegean Salad		Garden Salad		Green Salad		Rocket Salad with Raddish		Chef Salad	
Carrot		Carrot		Carrot		Carrot		Carrot	
Red Cabbage		Red Cabbage		Red Cabbage		Red Cabbage		Red Cabbage	
Broccoli with Olive oil		Leek with Olive Oil		Beet with Yoghurt		Celery with Olive oil		Arthiokes with Olive Oil	
Orange	100	Mandarin	100	Pear	100	Orange	100	Apple	100
Tulumba	254	Çilekli Puding	274	Brownie	295	Hanım Göbeği	254	Keşkül	214
Cucumber with Yoghurt and Dry Mint	52	Yoghurt	46	Yoghurt	46	Yoghurt	46	Ayran	76
18.02.2019 MONDAY		19.02.2019 TUESDAY		20.02.2019 WEDNESDAY		21.02.2019 THURSDAY		22.02.2019 FRIDAY	
Lunch		Lunch		Lunch		Lunch		Lunch	
Creamy Mushroom Soup	180	Noodle Soup	178	Lentil Soup	180	Spring Soup	180	Chicken Vermicelli Soup	234
Eggplant Karniyarik	313	Slices Chicken with Crema	245	Mixed Stuffed Vegetables	294	Chickpea	233	Chicken with Roasted Eggplant	248
Roasted Spinach	105	Baked Peas	135	Vegetables Gratin	268	Roasting Chard	124	Green Bean with Tomato	114
Fusulli with Napoliten Sos	256	Rice with Corn	256	Pastry with Cheese Parsley Filling	228	Rice of Wheat Grain with Dry Mint	256	Shredded Rice	256
Saladbar		Saladbar		Saladbar		Saladbar		Saladbar	
Garden Salad		Green Salad		Chef Salad		Chef Salad		Garden Salad	
Carrot		Carrot		Carrot		Carrot		Carrot	
Red Cabbage		Red Cabbage		Red Cabbage		Red Cabbage		Red Cabbage	
Eggplant Stuffed with Onion, Garlic and Tomato		Lentil Balls		Cauliflower with Olive Oil		Sunchokes with Olive Oil		Potatoe Salad	
Mandarin	100	Apple	100	Orange	100	Banana	100	Apple	100
Sütü Nuriye	292	Carrot Cakes	294	Puding with Chocolate	214	Lokma Tatlısı	254	Muhallebi with Raspberry	224
Yoghurt	46	Yoghurt	46	Yoghurt	46	Cucumber with Yoghurt and Dry Mint	52	Yoghurt	46
25.02.2019 MONDAY		26.02.2019 TUESDAY		27.02.2019 WEDNESDAY		28.02.2019 THURSDAY			
Lunch		Lunch		Lunch		Lunch			
Tarhana Soup	134	Wedding Soup	175	Ezogelin Red Lentil Soup	180	Pumpkin Soup	57		
Fried Chicken	294	Roast Meatballs with Puree	245	White Bean	233	Sauted Chicken with Vegetables	223		
Vegetables Gratin	268	Cauliflower Gratin	213	Seasonal Vegetables	214	Purslane	130		
Fusulli with Napoliten Sos	256	Rice with Butter	256	Rice of White Grains	256	Barley Noodle	256		
Saladbar		Saladbar		Saladbar		Saladbar			
Green Salad		Aegean Salad		Chef Salad		Garden Salad			
Carrot		Carrot		Carrot		Carrot			
Red Cabbage		Red Cabbage		Red Cabbage		Red Cabbage			
Coleslaw		Pendik Stewing with Olive Oil		Leek with Olive Oil		Pumpkin with Olive Oil			
Orange	100	Apple	100	Mandarin	100	Pear	100		
Saray Sarma	276	Wet Cake	294	Puding with Banana	214	Baklava	276		
Yoghurt	46	Yoghurt	46	Yoghurt	46	Yoghurt	46		