		TADADVA	יידוסכ						
		IAKABYAI	SKIIIS	H SCHOOLS - YENIK		ARCH 2019 MENU	1	FRIDAY 01.03.2019	
								BREAKFAST	
								BUFFET BREAKFAST	
								Lunch	CALORY
								Creamy Mushroom Soup	114
								Meatball Hasanpasa Green Bean with Tomato	245 114
								Shredded Rice	256
								Saladbar	
								Green Salad Carrot	
								Coleslaw	
								Spinach with Olive Oil	
								Yoghurt	46
								Snack Brownie	
MONDAY 04.03.2019		TUESDAY 05.03.2019		WEDNESDAY 06.03.2019		THURSDAY 07.03.2019		FRIDAY 08.03.2019	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
Lunch	CALORY	Lunch	CALORY	Lunch	CALORY	Lunch	CALORY	Lunch	CALORY
Lentil Soup Meatballs in Sauce	176 245	Tarhana Soup White Bean	134 223	Corn Soup with Dill Sauted Chicken with Curry Sauce	180 228	Tomato Soup With Kashar Cheese Caucasian Pasty	189 242	Yoghurt Soup with Dry Mint Seasonal Vegetables with Meat	175 214
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	Rice with Butter	256
Saladbar Aegean Salad		Saladbar Garden Salad		Saladbar Mixed Green Salad		Saladbar Chef Salad		Saladbar Rocket Salad with Radishes	-
Carrot		Carrot		Carrot		Carrot		Carrot	
Red Cabbage		Kısır with Pomegranate Syrup		Red Cabbage		Red Cabbage		Red Cabbage	
Beet with Yoghurt	46	Mixed pickles	46	Wrapped Leaf with olive Oil	46	Potatoe Salad with Mustard	52	Chicken Noddle Salad	46
Yoghurt Snack	46	Yoghurt Snack	46	Yoghurt Snack	46	Yoghurt Snack	52	Yoghurt Snack	46
Granny Apple		Tiramisu in Shot Glasses		Orange		Cookies		Kiwi	
MONDAY 11.03.2019		TUESDAY 12.03.2019		WEDNESDAY 13.03.2019		THURSDAY 14.03.2019		FRIDAY 15.03.2019	_
BREAKFAST BUFFET BREAKFAST		BREAKFAST BUFFET BREAKFAST		BREAKFAST BUFFET BREAKFAST		BREAKFAST BUFFET BREAKFAST		BREAKFAST BUFFET BREAKFAST	
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
Chickpea with Meat Vegetables Gratin	228 268	Chicken Schnitzel Baked Peas	242	Mixed Stuffed Vegetables	294	Baked Potatoes with Meat Clauflower Gratin	185	Eggplant Karnıyarık Cabbage Stew	313
Rice of Wheat Grains with Mint	200	Spaghetti	256	Roasting Chard Pastry with Cheese Parsley Filling	228	Shredded Rice	214	Fusulli with Tomatoe Sauce	256
Salad Bar		Salad Bar		Salad Bar		Salad Bar		Salad Bar	
Garden Salad Carrot		Mixed Green Salad Carrot		Chef Salad Carrot		Aegean Salad Carrot		Green Salad 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	
Yoghurt	46	Yoghurt	46	Yoghurt	46	Cucumber with Yoghurt and Dry Mint	52	Yoghurt	46
Snack Mosaic Cake		Snack Mandarin		Snack Apple Pie		Snack Banana		Snack Linzer	
MONDAY 18.03.2019		TUESDAY 19.03.2019		WEDNESDAY 20.03.2019		THURSDAY 21.03.2019		FRIDAY 22.03.2019	
BREAKFAST BUFFET BREAKFAST		BREAKFAST BUFFET BREAKFAST		BREAKFAST BUFFET BREAKFAST		BREAKFAST BUFFET BREAKFAST		BREAKFAST BUFFET BREAKFAST	
Lunch Tarhana Soup	CALORY 134	Lunch Wedding Soup	CALORY 175	Lunch Pumpkin Soup	CALORY 57	Lunch Ezogelin Red Lentil Soup	CALORY 180	Lunch Corn Soup with Dill	CALORY 180
Green Bean with Meat	174	Roast Meatballs with Puree	245	Chicken Fajita	228	White Bean	228	Baked Herring	278
Eggplant with Tomatoes	270	Purslane	165	Clauflower Gratin	214	Seasonal Vegetables	214	Vegetables Gratin	268
Rice of Wheat Grains Salad Bar	291	Rice with Butter Salad Bar	256	Barley Noddle Salad Bar	256	Rice of Wheat Grains Salad Bar	291	Fusulli with Napoliten Sauce Salad Bar	256
Mixed Green Salad		Aegean Salad with Tulum Cheese		Garden Dalad		Chef Salad		Rocket Salad with Radishes	
Carrot		Carrot		Carrot		Carrot		Carrot	
Red Cabbage Coleslaw		Beet with Yoghurt Pendik Stewing with Olive Oil		Red Cabbage Pumpkin with Olive Oil		Radish Mixed pickles		Red Cabbage Sunchokes with Olive Oil	
	46	Yoghurt	46	Yoghurt	46	Yoghurt	46	Yoghurt	46
Yoghurt				Snack		Snack		Snack	
Yoghurt Snack		Snack							
Yoghurt Snack Pear		Muffin		Orange		Carrot Cake with White Choclate		Granny Apple	
Yoghurt Snack Pear MONDAY 25.03.2019		Muffin TUESDAY 26.03.2019		Orange WEDNESDAY 27.03.2019		THURSDAY 28.03.2019		Granny Apple FRIDAY 29.03.2019 BREAKFAST	
Yoghurt Snack Pear		Muffin		Orange				FRIDAY 29.03.2019	
Yoghurt Snack Pear MONDAY 25.03.2019 BREAKFAST	CALORY	Muffin TUESDAY 26.03.2019 BREAKFAST	CALORY	Orange WEDNESDAY 27.03.2019 BREAKFAST	CALORY	THURSDAY 28.03.2019 BREAKFAST	CALORY	FRIDAY 29.03.2019 BREAKFAST	CALORY
Yophurt Snack Pear MONDAY 25.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Vegetables Soup	114	Muffin TUESDAY 26.03.2019 BREAKFAST BUFFET BREAKFAST Lunch White Grain Scop	180	Orange WEDNESDAY 27.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Ezogelin Red Lentil Soup	180	THURSDAY 28.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Yoghurt Soup with Dry Mint	175	FRIDAY 28.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Tomatoe Soup	175
Yoghurt Snack Pear MONDAY 25.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Vegetables Soup Meatballs with Barbeque Sauce	114 245	Malin TUESDAY 26.03.2019 BREAKFAST BUFFET BREAKFAST Lunch White Grain Soup Chicken with Bechamel Sauce	180 264	Orange WEDNESDAY 27.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Ezogelin Red Lentil Soup Chickea with Meat	180 233	THURSDAY 28.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Yoghurt Soup with Dry Mint Baked Kebap	175 245	FRIDAY 28.05.2019 BREAKFAST BUFFET BREAKFAST Lunch Tornatoe Soup Albanian Chicken	175 228
Yoghurt Pear MONDAY 25.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Vegetables Soup	114	Muffin TUESDAY 26.03.2019 BREAKFAST BUFFET BREAKFAST Lunch White Grain Scop	180	Orange WEDNESDAY 27.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Ezogelin Red Lentil Soup	180	THURSDAY 28.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Yoghurt Soup with Dry Mint	175	FRIDAY 28.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Tomatoe Soup	175
Yoghurt Snack Pear MONDAY 25.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Vegetables Soup Meatolis with Barbeque Sauce Pumpkin Canation Barley Noddle Salad Bar	114 245 171	Muffin TUESDAY 26.03.2019 BREAKFAST BUFFET BREAKFAST Lunch White Grain Soup Chickan with Bechamel Sauce Green Bean with Tomato Penne Salad Bar	180 264 114	Orange WEDNESDA 72.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Exopelin Red Lenti Soup Chickpas with Meat Caludower Grain Rice of Wheat Grain with Tomato Paste Salad Bar	180 233 214	THURSDAY 28.08.2019 BREAKFAST BUFFET BREAKFAST Lunch Yoshurt Soup with Dry Mint Baked Kebap Rossted Spinach Shredded Vermicelli Salad Bar	175 245 105	FRIDAY 29.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Tomatoe Soup Atbanian Chicken Cabbage Stew Baked Pasty Salad Bar	175 228 171
Yoghurt Snack Pear MONDAY 250.2019 BREAKFAST BUFFET BREAKFAST Lunch Vegetables Soup Metaballs with Safeogue Sauce Pumpkin Carnation Barley Noddle Salad Bar Chef Salad	114 245 171	Mafin TUESAY 26.032019 BREAKFAST BUFFET BREAKFAST Unter Gain Soup Chicken with Bechamel Sauce Green Bain with Tomato Penne Salad Bar Green Salad	180 264 114	Orange WEDNESDAY 27.0.2019 BREAKFAST BUFFET BREAKFAST Lunch Ezogelin Red Lentil Soup Chickgee with Meat Claufower Grain Rice of Whet Grains with Tomatoe Paste Salael Bar Tomatese and Cucumber	180 233 214	THURSDAY 28.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Yodhurt Souw thDry Mint Baked Kebap Roastied Splanch Starded Vernicelli Saled Bar Aegaan Saled with Cheese	175 245 105	FRIDAY 29.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Tomatoe Soup Albanian Chicken Cabbage Stew Baked Pasty Salad Bar Mixed Green Salad	175 228 171
Yoghurt Pear Pear MONDAY 25 03,2019 BREAKFAST BUFFET BREAKFAST Lunch Vegetables Soup Mesitballs with Barbegue Sauce Pumpikin Carnation Barley Noddle Saled Bar Chef Saled Carrot	114 245 171	Mattin TUESDAY 26 03 2019 BREAKFAST BUFFET BREAKFAST Lunch White Grain Soup Chicken with Bechamel Sauce Green Bean with Tomato Penne Salad Bar Green Salad Carrot	180 264 114	Orange WEDNESDA 77.08.2019 BREAKFAST BUFFET BREAKFAST Lunch Ezogelin Red Lenti Soup Chickes with Meat Claufower Grain Rice of Whest Grains with Tomatoe Paste Salad Bar Tomatose and Cucumber Carrot	180 233 214	THURSDAY 28.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Yoghurt Soop with Dry Mint Beked Kebap Roasted Stansch Stredded Vermicelli Stade Bar Aegaan Salad with Cheese Carrol	175 245 105	FRIDAY 28.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Tomatoe Soup Atbanian Chicken Cabbao Stew Baked Pasty Salad Bar Mixed Green Salad Carrot	175 228 171
Voohurt Saack Pear MONDAY 25.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Vegetables Soup Meatholis with Barboque Sueve Meatholis with Barboque Sueve Meatholis with Barboque Sueve Meatholis with Barboque Sueve Barbey Nodde Salard Bar Chef Salad Cardioau Red Cabbage Clauliower with Olive Oli	114 245 171 256	Madin TUESDAY 26 03 2019 BREAKFAST BUFFET BREAKFAST Lunch White Grain Soup Chicken with Bechamel Sauce Green Bean with Tomato Penne Salud Bar Green Salud Carret Red Cabbage Saleuda with Olive Oil	180 264 114 256	Orange WEDNESDA 72.08.2019 BREAKFAST BUFFET BREAKFAST Lunch Exopolin Red Lentil Soup Chickges with Meat Clauflower Grain Rice of Wheat Grains with Tomatoe Paste Sated Bar Tomatoes and Cucumber Carrol Red Cababage Mixed pickles	180 233 214 291	THURSDAY 28.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Yoghut Soga with Dry Mint Baled Melap Roasted Starach Shardded Vermicelli Saled Bar Aegaan Salad with Cheese Carrol Kiar with Pomogranale Synap Chicken Nodde Salad	175 245 105 256	FRIDAY 29.03.2019 BREAKFAST BUFFET BREAKFAST Tomatos Soup Albanian Chicken Cabdee Stew Baked Pasty Salad Bar Meed Green Salad Carrot Red Cabbage Sunchokes with Olive Oil	175 228 171 266
Yoghurt Snack Pear MONDAY 250.2019 BREAKFAST BUFFET BREAKFAST Lunch Vegetables Soup Meatballs with Barbeque Sauce Pumpkin Carnation Barley Nodde Salad Bar Chef Salad Carrot Red Cabage	114 245 171	Mafin TUESAY 26.03/219 BREAKFAST BUFFET BREAKFAST Lunch White Grain Soup Chickon with Bechamel Sauce Green Bear with Tomato Penne Salad Bar Green Salad Carco Rea Cabbage	180 264 114	Orange WEDNESDAY 27.0.2019 BREAKFAST BUFFET BREAKFAST Lunch Ezogelin Red Lentil Soup Chickee with Meat Claudower Grain Rice of Whet Grains with Tomatoe Paste Salad Bar Tomates and Cucumber Carrot Red Cabbage	180 233 214	THURSDAY 28.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Yodhur Souw Alth Dry Mint Bated Kebap Rosted Strinch Shredded Vermicelli Sated Bar Aegans Sated with Cheese Carrot Karr with Pomeganale Syrup	175 245 105	FRIDAY 29.03.2019 BREAKFAST BUFFET BREAKFAST Lunch Tomatoe Soup Albanian Chicken Cabbae Stew Baked Pasty Salad Bar Mixed Green Salad Cartot Red Cabbage	175 228 171