

**TARABYA BRITISH SCHOOLS - YENIKOY FEBRUARY 2019 MENU**

04.02.2019 MONDAY		05.02.2019 TUESDAY		06.02.2019 WEDNESDAY		07.02.2019 THURSDAY		08.02.2019 FRIDAY	
BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>	
Tomato Soup With Kashar 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
<b>Saladbar</b>		<b>Saladbar</b>		<b>Saladbar</b>		<b>Saladbar</b>		<b>Saladbar</b>	
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	
Yoghurt	46	Cucumber with Yoghurt and Dry Mint	52	Yoghurt	46	Yoghurt	46	Yoghurt	46
<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>	
Granny Apple		Cookies		Banana		Cheesecake with lemon		Kiwi	
<b>11.02.2019 MONDAY</b>		<b>12.02.2019 TUESDAY</b>		<b>13.02.2019 WEDNESDAY</b>		<b>14.02.2019 THURSDAY</b>		<b>15.02.2019 FRIDAY</b>	
BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>	
Ezogelin Red Lentil Soup	180	Tarhana Soup	134	Tomato Soup With Kashar 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
<b>Saladbar</b>		<b>Saladbar</b>		<b>Saladbar</b>		<b>Saladbar</b>		<b>Saladbar</b>	
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		Arthicoques with Olive Oil	
Cucumber with Yoghurt and Dry Mint	52	Yoghurt	46	Yoghurt	46	Yoghurt	46	Ayrn	76
<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>	
Mosaic Cake		Orange		Brownie		Banana		Apple pie	
<b>18.02.2019 MONDAY</b>		<b>19.02.2019 TUESDAY</b>		<b>20.02.2019 WEDNESDAY</b>		<b>21.02.2019 THURSDAY</b>		<b>22.02.2019 FRIDAY</b>	
BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST	
<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>	
Creamy Mushroom Soup	180	Nooodle Soup	178	Lentil Soup	180	Spring Soup	180	Chicken Vermicelli Soup	234
Eggplant Karmiyarik	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
<b>Saladbar</b>		<b>Saladbar</b>		<b>Saladbar</b>		<b>Saladbar</b>		<b>Saladbar</b>	
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	
Yoghurt	46	Yoghurt	46	Yoghurt	46	Cucumber with Yoghurt and Dry Mint	52	Yoghurt	46
<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>	
Granny Apple		Carrot Cakes		Kiwi		Tiramisu in Shot Glasses		Orange	
<b>26.02.2019 MONDAY</b>		<b>26.02.2019 TUESDAY</b>		<b>27.02.2019 WEDNESDAY</b>		<b>28.02.2019 THURSDAY</b>			
BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY	BREAKFAST	CALORY		
BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST		BUFFET BREAKFAST			
<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>			
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		
<b>Saladbar</b>		<b>Saladbar</b>		<b>Saladbar</b>		<b>Saladbar</b>			
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			
Yoghurt	46	Yoghurt	46	Yoghurt	46	Yoghurt	46		
<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>			
Cookies		Mandarin		Muffin		Pear			