



2022-2023 ACADEMIC YEAR MARCH MEAL LIST

DATE	BREAKFAST	LUNCH	SNACK
March 6th 2023	Spanish omelette-feta-vegetable bouquet-olive-molasses-milk	Lentil soup-pea stew-pasta-yoghurt	Pizza-turkish yoghurt drink
March 7th 2023	Fried egg-feta-olive-vegetable bouquet-tahini-herbal tea	Chickpeas stew-bulgur pilaf-salad	Rice pudding-fruits
March 8th 2023	Simit(turkish sesame ring)-boiled egg-cottage cheese-olive-honey-greens bouquet-milk	Yayla soup-meatballs-salad	Yoghurt and carrot potato balls
March 9th 2023	Scrambled egg-plated cheese-olive-vegetable bouquet-molasses-herbal tea	Tarhana soup-spanish stew-tomato sauce pasta-yoghurt	Semolina sweet balls-fruits
March 10th 2023	Turkish pastry-boiled egg-vegetable bouquet-nuts-herbal tea	Baked chicken drumstick-bulgur pilaf-salad	Barren-yoghurt drink
March 13th 2023	Cheddar omelette-boiled-egg-cottage cheese-olive-vegetable bouquet-molasses-honey-herbal tea-	Chicken soup-potato-baked pasta-yoghurt	Mini turkish buns -yoghurt drink
March 14th 2023	Cinnamon walnut and egg bread-feta-vegetable bouquet-honey-milk	Lady's thigh meatballs-mashed potato-salad	vermicelli crispy kadaif-fruits
March 15th 2023	Turkish fried bread-feta-greens bouquet-tahini-milk	chickpea soup-cauliflower stew-turkish noodles-salad	Turkish pastry-yoghurt drink
March 16th 2023	Fried egg-feta-olive-vegetable bouquet-molasses-herbal tea	Vegetable soup-green lentil stew-turkish noodles-yoghurt	Banana and honey toast-milk
March 17th 2023	Scrambled egg-cottage cheese-olive-vegetable bouquet-honey-herbal tea	Barley vermicelli soup-haddock fillet-baked vegetables	Zucchini tart-fruits
March 20th 2023	Sausage egg-feta-olive-vegetable bouquet-dried fruits-herbal tea	Tarhana soup-'Ankara' lamb pilaf -salad	Potato buns-yoghurt drink
March 21st 2023	Fried egg-feta-olive vegetable bouquet-tahini-milk	Green beans-tomato sauce spaghetti-yoghurt	Banana cookie-fruits
March 22nd 2023	Potato omelette-feta-greens bouquet-honey-herbal tea	Bean stew-vegetable bulgur pilaf-pickle	Homemade chips-yoghurt drink
March 23rd 2023	Crepe-feta-vegetable bouquet-honey-tahini-molasses-milk	Red lentil and bulgur soup-chard stew-pasta-yoghurt	Homemade carrot delight-fruits
March 24th 2023	Scrambled egg-feta-olive-vegetable bouquet-honey-herbal tea	Bechamel sauce chicken-vegetable bulgur pilaf-roasted vegetables-yoghurt drink	Potato croquette-yoghurt drink
March 27th 2022	Scrambled egg-feta-olive-vegetable bouquet-honey-herbal tea	Mushroom soup-season vegetables stew-rice-yoghurt	Carrot sweet balls-lemonade
March 28th 2023	Curd scrambled egg-string cheese-olive-dried fruits- vegetable bouquet-herbal tea	Chickpea stew-bulgur pilaf-salad-yoghurt	Orange semolina cake-fruits
March 29th 2023	Herb suffed flatbread-feta-vegetable bouquet-honey-molasses-milk	Tomato soup-meatballs-turkish white bean salad-yoghurt drink	Tahini cookie-fruits
March 30th 2023	vegetable omelette-feta-olive-vegetable bouquet-molasses-milk	Yoghurt soup-spinash stew-pasta-yoghurt	Red lentil meatballs-yoghurt drink
March 31st 2023	Olive turkish ring-boiled egg-cottage-nuts-vegetable bouquet-molasses-herbal tea	Sauteed chicken-bulgur pilaf-yogurt	Semolina delight-milk