



FOOD LIST OF OCTOBER 2023-2024

DATE	BREAKFAST	LUNCH	AFTERNOON	
02.10.2023 MONDAY	BOILED EGGS, FETA CHEESE, BLACK OLIVES, BUTTER, HONEY, HERBAL TEA	EZOĞELİN SOUP, FRESH BEANS, BEAD PASTA, YOGURT	LEMON CAKE, HERBAL TEA	1510
03.10.2023 TUESDAY	TOMATO-CUCUMBER, YELLOW CHEESE, JAM, BUTTER, MILK, DRIED FRUIT, NUTS	TOMATO SOUP, MEATBALLS WITH MEXICAN SAUCE, BULGUR PILAF, SHEPHERD SALAD	CARROT BALLS	1670
04.10.2023 WEDNESDAY	OMELET, YELLOW CHEESE, GREEN OLIVES, BUTTER, JAM, HERBAL TEA	CAUCASUS SOUP, SPINACH, FUSİLLİ (WITH BOLONEZ SAUCE), FRUIT	TOMATO-YELLOW CHEESE SANDWICH, FRUIT TEA	1642
05.10.2023 THURSDAY	CREPE, WHITE CHEESE, GREEN OLIVES, MILK, DRIED FRUIT, DRIED NUTS	STAR NOODLE SOUP, CHICKEN CHINITZEL (ACCOMPANIED WITH VEGETABLE GARNITURE), RICE PILAF, AYRAN	COCOA COOKIES, MILK	1688
06.10.2023 FRIDAY	EGG BREAD, BLACK OLIVES, CHEESE, DRIED FRUIT, NUTS HERBAL TEA	LENTIL SOUP, BEYTİ SHEPHERD SALAD, BULGHUR PLIF	BANANA PUDDING	1665
09.10.2023 MONDAY	BOILED EGGS, FETA CHEESE, BLACK OLIVES, BUTTER, HONEY, MILK	TANDIR SOUP, PEAS, RICE PILAF, YOGURT	PASTRY, LEMONADE	1575
10.10.2023 TUESDAY	BAGEL, YELLOW CHEESE, JAM, BUTTER, HERBAL TEA, DRIED FRUIT, NUTS	CREAMY CARROT SOUP, MEATBALLS, COUSCUS, DICED CUCUMBER GARLIC AND MINT IN YOGHURT	CARROT CAKE, FRUIT	1602
11.10.2023 WEDNESDAY	OMELET, YELLOW CHEESE, GREEN OLIVES, BUTTER, JAM, MILK	TOMATO SOUP, BAKED CHICKEN WITH MUSHROOM, NOODLES, AYRAN	PASTRY WITH POTATOES, HERBAL TEA	1666
12.10.2023 THURSDAY	CREPE, WHITE CHEESE, GREEN OLIVES, COCOA HALVA, HERBAL TEA, DRIED FRUIT, NUTS	PRINCESS SOUP, MEET AND RICE CROQUETTES, SHEPHERD SALAD	FLOUR COOKIES, JUICE	1675
13.10.2023 FRIDAY	EGG BREAD, BLACK OLIVES, CHEESE, MILK, DRIED FRUIT, NUTS	MASHED VEGETABLE SOUP, BULGUR PILAF, SEASONAL SALAD	BISCUIT CAKE	1606
16.10.2023 MONDAY	BOILED EGGS, FETA CHEESE, BLACK OLIVES, BUTTER, HONEY, LINDEN	TOMATO WIRE NOODLE SOUP, MANTI, YOGURT	COCOA FLOUR COOKIES, LEMONADE	1749
17.10.2023 TUESDAY	TOMATO-CUCUMBER SALAD, YELLOW CHEESE, JAM, BUTTER, MILK, DRIED FRUIT, NUTS	MUSHROOM SOUP, SPAGHETTI PASTA, BEANS WITH OLIVE OIL SHEPHERD SALAD	YELLOW CHEESE WITH BAGEL	1590
18.10.2023 WEDNESDAY	OMELET, YELLOW CHEESE, GREEN OLIVES, BUTTER, JAM, HERBAL TEA	KELLE PAÇA SOUP, PASTRY, AYRAN	FRUIT SALAD	1685
19.10.2023 THURSDAY	CREPE, FETA CHEESE, GREEN OLIVES, ROSE HIP TEA, DRIED FRUIT, NUTS	YOGURT SOUP WITH MINT, GRILLED CHICKEN, BEAD PASTA, GREEN SALAD	BROWNIE, MILK	1645
20.10.2023 FRIDAY	EGG BREAD, BLACK OLIVES, CHEESE, DRIED FRUIT, NUTS, HERBAL TEA	MASHED VEGETABLE SOUP, EGGPLANT MUSAKKA, BULGUR PILAF, TAZZAKI	MINI PIZZA, HERBAL TEA	1503
23.10.2023 MONDAY	BOILED EGGS, FETA CHEESE, BLACK OLIVES, BUTTER, HONEY, LINDEN	CHICKEN BROTH SOUP, BAKED POTATOES, CUSCUS, COMPOSTO	BREAD WITH HAZELNUT BUTTER, MILK	1552
24.10.2023 TUESDAY	KITTY, YELLOW CHEESE, JAM, BUTTER, MILK, DRIED FRUIT, NUTS	YAYLA SOUP, İZMİR MEATBALLS, PENNE WITH TOMATO SAUCE, CARROT SALAD	İSPANAKLI BÖREK, BİTKİ ÇAYI	1505
25.10.2023 WEDNESDAY	OMELET, YELLOW CHEESE, GREEN OLIVES, BUTTER, JAM, ROSE HIP	TOMATO SOUP, CHICKPEAS WITH MEAT, RICE PILAF, YOGURT	PASTRY, AYRAN	1504
25.10.2023 THURSDAY	BOILED EGGS, FETA CHEESE, BLACK OLIVES, GREEN OLIVES, BUTTER, HONEY, MILK	GREEN LENTILS (with minced meat), Noodles (with walnuts), MIMOSA SALAD	BAGEL WITH CHEESE, HERBAL TEA	1670
27.10.2023 FRIDAY	WHITE CHEESE, BLACK OLIVES, GREEN OLIVES, TAHİN & MOLASSES, SALAGE, DRIED FRUIT	SPINACH (with minced meat), BAKED PASTA, YOGURT	CARROT CAKE, MILK	1665
30.10.2023 MONDAY	TOMATO-CUCUMBER, YELLOW CHEESE, JAM, BUTTER, ROSE HIP, DRIED FRUIT, NUTS	PEAS, BULGUR PILAF, VOL AU VENT, AYRAN	FRUIT SALAD	1431
31.10.2023 TUESDAY	OMELET, CHEDGE CHEESE, GREEN OLIVES, BUTTER, JAM, LINDEN	TARHANA SOUP, OLLA WITH MEAT, BEAD PASTA WITH CHEESE, DICED CUCUMBER GARLIC AND MINT IN YOGHURT	MUFFIN, HERBAL TEA	1560