TBS / 2022 January Food Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3.01.2022	**Cal**	**4.01.2022**	**Cal**	**5.01.2022**	**Cal**	**6.01.2022**	**Cal**	**7.01.2022**	**Cal**
Lentil Soup	238	Yoghurt&Rice Soup	108	Tarhana Soup	180	Pumpkin Soup	160	Lentil&Tomato Soup	238
Turkish Meatball&Yoghurt	337	Chicken Fillet	239	Eggplant with Meat	227	Püreli Et Sote	397	Fırında Balık & Haşlanmış Patates	195
Zucchini without Meat	128	Veggy Gratin	205	White Cabbage without Meat	171	Peas without Meat	144	Boiled Vegetables	144
Rice	210	Spaghetti	210	Rice with Chickpeas		Bulgur Pilaf	215	Penne	230
Green Salad		Green Salad		Green Salad		Green Salad with Dry Apricot		Roka Salata	
Carrot Salad		Carrot Salad		Carrot Salad		Red Cabbage Salad		Radish Salad	
Red Cabbage Salad		Red Cabbage Salad		Red Cabbage Salad		Carrot Salad		Carrot Salad	
Yoghurt		Bulgur with pomegranate syrup		Mushrooms with Olive Oil		Yoghurt		Red Cabbage Salad	
Fresh Beans with Olive Oil		Yoghurt		Yoghurt		Cauliflower with Olive Oil		Kidney Bean with Olive Oil	
Pastry with Cheese		Red Apple		Muffin		Banana		Turkish Pastry with Cheese	

10.01.2022	**Cal**	**11.01.2022**	**Cal**	**12.01.2022**	**Cal**	**13.01.2022**	**Cal**	**14.01.2022**	**Cal**
Yoghurt Soup	150	Lentil Soup	238	Corn Soup	205	Tarhana Soup	180	Minestrone Soup	230
Meatball	280	Chicken Wings with Veggy	219	Stuffed Peppers	294	Bean with Sausage	285		
Spinach Sufle	168	Mixed Vegetables without Meat	76	Potatoes without Meat	204	Cauliflower Gratin	203	İtalian FoodDay	
Rice	210	Fusulli	230	Noodle	230	Rice	210		
Green Salad with Cheese		Green Salad		Green Salad		Green Salad		Nicoise Salad	
Carrot Salad		Carrot Salad		Carrot Salad		Carrot Salad		Mozarella Caprese	
Red Cabbage Salad		Red Cabbage Salad		Red Cabbage Salad		Red Cabbage Salad		Ton Salad with Olives	
Yoghurt		Yoghurt		Yoghurt		Yoghurt		Eggplant Salad	
Broccoli with Olive Oil		Zucchini Tarator		Wheat Salad with Yoghurt		Pickle		Yoghurt	
Cake with Grape		Orange		Pastry with Spinach		Kiwi		PopCorn	

17.01.2022	**Cal**	**18.01.2022**	**Cal**	**19.01.2022**	**Cal**	**20.01.2022**	**Cal**	**21.01.2022**	**Cal**
Lentil Soup	238	Tutmaç Çorba	207	Lentil&Tomato Soup	238	Bulgur Soup	146	Yoghurt&Rice Soup	108
Meatballs with Potatoes	239	Chicken Soute with veggy	212	Stuffed Grape leaves with meet	238	Mied Vegetables with Meat	260	Turkey Tandoori	186
Eggplant without Meat	173	Chickpeas without Meat	132	Potatoes with Celery	224	Veggy Gratin	205	Roasting Chard	124
Rice	210	Bulgur Pilaf	215	Farfalle	210	Rice with Corn	210	Noodle	284
Green Salad		Green Salad		Green Salad		Green Salad		Green Salad	
Carrot Salad		Zucchini Tarator		Carrot Salad		Carrot Salad		Carrot Salad	
Red Cabbage Salad		Yoghurt		Red Cabbage Salad		Yoghurt		Red Cabbage Salad	
Yoghurt		Lorlu ve Nar Ekişili Yeşil Mercimek Salatası		Kidney Bean with Olive Oil		Pickle		Yoghurt	
Bulgur with pomegranate syrup		Red Cabbage& Carrot Salad		Yoghurt		White Cabbage Salad		Stuffed Grape leaves with Olive Oil	
Mandrin		Cake with Cacao		Red Apple		Croissant		Pear	

24.01.2022	**Cal**	**25.01.2022**	**Cal**	**26.01.2022**	**Cal**	**27.01.2022**	**Cal**	**28.01.2022**	**Cal**
Tarhana Soup	180	Broccoli Soup	110	Tomato Soup	210	Veggy Soup	112	Turkish Wedding Soup	93
Meatballs with Cheese	309	Crispy Chicken	250	Potato Ringss with Minced Meat	285	BeefSteak with Demiglace Souce	397	Chicken Fillet	232
Roasting Mushrooms without Meat	188	Green Lentils without Meat	117	Fresh Beans without Meat	114	Grilled Mied Vegetables	110	Stuffed Tomatoes	229
Noodle with Veggy	182	Spaghetti Bolonese	263	Rice with Veggy	236	Penne Arabiata	246	Bulgur Pilaf	215
Tomato&Cucumber Salad	215	Green Salad		Green Salad with Radish		Green Salad		Green Salad	
Carrot Salad		Red Cabbage Salad		Red Cabbage Salad		Red Cabbage Salad		Beet Salad	
Red Cabbage Salad		Carrot Salad		Carrot Salad		Carrot Salad		Carrot Salad	
Yoghurt		Haydari		Mustard Potatoes Salad		Yoghurt		Yoghurt	
Eggplant Salad		Mexican Salad		Yoghurt		Brussels Cabbage with Olive Oil		Kinoa&Wheat Salad	
Banana		Kıymalı Üçgen Börekler		Orange		Pastry with Orange		Green Apple	