

## TBS / 2021 October Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
<b>1.10.2021</b>									<b>Cal</b>					
									Lentil Soup	238				
									Fish	132				
									Spinach with Tomato	168				
									Spaghetti	230				
									Mixed Green Salad					
									Carrot Salad					
									Radish Salad					
									Potatoes Salad					
									Brussels Cabbage					
<b>4.10.2021</b>		<b>Cal</b>	<b>5.10.2021</b>		<b>Cal</b>	<b>6.10.2021</b>		<b>Cal</b>	<b>7.10.2021</b>		<b>Cal</b>	<b>8.10.2021</b>		<b>Cal</b>
Corn Soup	117	Noodle Soup	235	Ezogelin Soup	238	Chicken Soup	117	Tomato Soup	210					
Grilled Meet Ball	280	Kentucky Chicken	285	Beaf Kebab	272	Stuffed Paprika with Meat	294	Meet Döner	301					
Veggy Graten	205	Peas	190	Bean	160	Chard	124							
Rice	210	Fusulli with Olives	230	Bulgur Pilaf	215	Turkish Noodle	284	Rice	210					
Aegean Salad		Green Salad		Tomato Salad		Green Salad		Chef Salad						
Carrot Salad		Carrot Salad		Carrot Salad		Carrot Salad		Carrot Salad						
Red Cabbage Salad		Red Beet Salad		Mixed Pickle		Red Beet Salad		Red Beet Salad						
Yoghurt		Yoghurt		Yoghurt		Yoghurt		Ayran						
Fried Veggy		Şakşuka		Wheat Salad		Broccoli		Paprika With Yoghurt						
<b>11.10.2021</b>		<b>Cal</b>	<b>12.10.2021</b>		<b>Cal</b>	<b>13.10.2021</b>		<b>Cal</b>	<b>14.10.2021</b>		<b>Cal</b>	<b>15.10.2021</b>		<b>Cal</b>
Yoghurt Soup	150	Wedding Soup	93	Tarhana Soup	180	Broccoli Soup	110	Lentil Soup	238					
Meet Ball	280	Chicken Schnitzel	285	Phyllo Dough Kebab	191	Stuffed Cabbage with Meet	122	Turkish Meet Wrapp	208					
Spinach with Tomato	168	Mushrooms	188	Chickpeas	147	Fresh Beans with Tomato	117	Zucchini with Rice	128					
Rice	210	Farfalle	230	Bulgur Pilaf	215	Pasta with Mushroom Souce	278	Rice	210					
Green Salad		Aegean Salad		Tomato Salad		Green Salad		Green Salad						
Carrot Salad		Carrot Salad		Carrot Salad		Carrot Salad		Pickle						
Red Beet Salad		Bulgur Salad		Yoğurtlu Pancar Salatası		Red Beet Salad		Carrot Salad						
Yoghurt		Yoghurt		Yoghurt		Yoghurt		Red Beet Salad						
Zeytinyağlı Karnabahar		Potatoes Salad		Kidney Beans With Olive Oil		Eggplant With Olive Oil		Yoghurt						
<b>18.10.2021</b>		<b>Cal</b>	<b>19.10.2021</b>		<b>Cal</b>	<b>20.10.2021</b>		<b>Cal</b>	<b>21.10.2021</b>		<b>Cal</b>	<b>22.10.2021</b>		<b>Cal</b>
Ezogelin Soup	238	Tomato Soup	210	Vegetable Soup	112	Noodle Soup	235	Yoghurt Soup	150					
Sesame Chicken	306	Tekirdağ Meet Ball	266	Vegetable Mix with Beef	221	Turkey	186	Pasta Day						
Eggplant	173	Potatoes With Tomato	193	Veggy Gratene	205	Chickpeas	147	4 Kinds Of Souce						
Egg Noodle with Vegetable	268	Pasta	230	Bulgur Pilaf	215	Rice	210							
Mixed Green Salad		Green Salad		Green Salad		Green Salad		Mixed Green Salad						
Carrot Salad		Carrot Salad		Carrot Salad		Carrot Salad		Carrot Salad						
Haydari		Red Beet Salad		White Beet Salad		Red Beet Salad		Red Beet Salad						
Közlenmiş Biber Salata		Yoghurt		Yoghurt		Yoghurt		Yoghurt						
Celery with Olive Oil		Broccoli with Olive Oil		Leek with Olive Oil		Leaf Wapping with Olive Oil		Artichokes with Olive Oil						
<b>25.10.2021</b>		<b>Cal</b>	<b>26.10.2021</b>		<b>Cal</b>	<b>27.10.2021</b>		<b>Cal</b>	<b>28.10.2021</b>		<b>Cal</b>	<b>29.10.2021</b>		<b>Cal</b>
Lentil Soup	238	Wedding Soup	93	Tarhana Soup	180	Yoghurt Soup	150	Bulgur Soup	146					
Roast Meetball	318	Chicken Wings	239	Kumpir	253	Julienne Meet with Mushroom	397	Fish Finger	249					
Fresh Beans with Tomato	117	Cauliflower	213	Kidney Beans	267	Peas	190	Vegetable Mix	76					
Rice	210	Pasta	230	Bulgur Pilaf	215	Rice	210	Spaghetti	230					
Mixed Green Salad		Green Salad		Aegean Salad		Green Salad		Rocket Salad						
Carrot Salad		Carrot Salad		Carrot Salad		Carrot Salad		Radish Salad						
Noodle Salad		Red Beet Salad		Red Beet Salad		Red Beet Salad		Carrot Salad						
Yoghurt		Cucumber with Yoghurt		Yoghurt		Yoghurt		Red Beet Salad						
Tomato		Şakşuka		Mushrooms with Olive Oil		Bulgur Salad		Bean with Olive Oil						