

TBS 2021/22 | September Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6 Eyl 2021	Cal	7 Eyl 2021	Cal	8 Eyl 2021	Cal	9 Eyl 2021	Cal	10 Eyl 2021	Cal
Strained Lentil Soup	238	Ezogelin Soup	238	Mushrooms Soup	231	Tomato Soup	210	Ezogelin Soup	238
Meatball	267	Turkey Tandoori	255	Chicken	253	Beef Saute	250	Meatball&Chicken&Turkish Sausage	
Spinach	168	Peas	190	Zucchini with Tomato	124	Cauliflower Gratene	205		
Rice with Carrot	210	Turkish Noodle	210	Penne with Napolitano Souce	231	Bulgur Pilaf	215	Fusulli with Olives	210
Green Salad		Green Salad		Green Salad		Green Salad		Russian Salad	
Carrot Salad		Carrot Salad		Carrot Salad		Carrot Salad		Tomato&Cucumber	
Wheat Salad		Red Cabbage Salad		Red Cabbage Salad		Heydari		Kisir	
Yoghurt		Yoghurt		Yoghurt		Noodle Salad		Yoghurt	
Turkish Leaf Wrapp		Şakşuka		Artichokes with Olive Oil		Broccoli With Olive Oil		Roasted Eggplant Salad	
13 Eyl 2021	Cal	14 Eyl 2021	Cal	15 Eyl 2021	Cal	16 Eyl 2021	Cal	17 Eyl 2021	Cal
Tarhana Soup	180	Yoghurt Soup	150	Noodle Soup	235	Broccoli Soup	110	Bulgur Soup	146
Meatball with Yoghurt	280	Beaf Kebab	272	Chicken	253	Turkish Leaf Wrapp	208	Turiksh Forest Kebab	256
Fresh beans	114	Zucchini with Rice	128	Peas	190	Spinach	168	Mushrooms	188
Rice	210	Spaghetti	210	Bulgur Pilaf	215	Napoliten Fusulli	231	Rice	210
Green Salad		Yoghurtlu Pancar Salad		Yoghurtlu Pancar Salad		Red Cabbage Salad		Lentil Patties	
Carrot Salad		Chef Salad		Carrot Salad		Carrot Salad		Green Salad	
Red Cabbage Salad		Carrot Salad		Mixed Green Salad		Patato Salad		Carrot Salad	
Yoghurt		Yoghurt		Yoghurt		Yoghurt		Yoghurt	
Eggplant Salad		Cabbage With Olive Oil		Eggplant with Olive Oil		Green Salad		Bean With Olive Oil	
20 Eyl 2021	Cal	21 Eyl 2021	Cal	22 Eyl 2021	Cal	23 Eyl 2021	Cal	24 Eyl 2021	Cal
Vegetable Soup	112	Wedding Soup	93	Tomato Soup	210	Yoghurt Soup	150	Chicken Soup	117
Chichken Fajita	298	Meatball	280	Stuffed Paprika with Meat	294	Turkey Saute	275	Beef Fillet	339
Cauliflower Graten	213	Eggplant	191	Purslane	165	Vegetable Mix	143	Spinach with Tomato	168
Farfalle With Mushroom Souce	278	Rice	210	Rice	210	Bulgur Pilaf	215	Rice	210
Red Cabbage Salad		Red Cabbage Salad		Red Cabbage Salad		Carrot Salad		Mixed Pickles	
Carrot Salad		Green Salad		Green Salad		Green Salad		Heydari	
Green Salad		Carrot Salad		Carrot Salad		Green Salad		Rice Salad	
Yoghurt		Yoghurt		Yoghurt		Yoghurt		Yoghurt	
Kidney Beans With olive Oil		Leek with Olive Oil		Zucchini with Olive Oil&Rice		Artichokes with Olive Oil		Turkish Cold Ravioli	
27 Eyl 2021	Cal	28 Eyl 2021	Cal	29 Eyl 2021	Cal	30 Eyl 2021	Cal		
Lentil Soup	238	Yoghurt Soup	150	Tomato Soup	210	Ezogelin Soup	238		
Meat Ball	280	Eggplant	191	Vegetable Mix with Beef	221	Chicken with Spinach	349		
Cabbage Roast	160	Zucchini with Tomato	121	Chickpeas	147	Fresh Beans with Tomato	117		
Pasta	210	Rice	210	Bulgur	215	Pasta	210		
Red Cabbage Salad		Green Salad		Carrot Salad		Green Salad			
Garden Salad		Lentil Ball		Pickles		Yoghurtlu Pancar Salad			
Carrot Salad		Carrot Salad		Tomato and Cucumber		Carrot Salad			
Yoghurt		Yoghurt		Yoghurt		Yoghurt			
Broccoli with Olive Oil		Celery with Olive Oil		Cabbage with Olive Oil		Bulgur Salad			