

2018-2019 MEF IS OCTOBER MENU

01.10.2018 MONDAY	
LUNCH	CAL
VERMICELLI SOUP	120
SAUTEED BEEF & STEAMED VEGETABLE	350
RICE	200
CARROT IN OIL	120
LETTUCE SALAD	25
RED CABBAGE	40
TOMATO&CUCUMBER	25
CORN	75
FRUIT	70
AFTERNOON SNACK	CAL
SALONIKA COOKIE	200
FRUIT TEA	10

02.10.2018 TUESDAY	
LUNCH	CAL
TOMATO SOUP	120
BAKED FISH&POTATO	260
COUSCOUS	200
PURSLANE IN OLIVE OIL	100
ICEBERG SALAD	25
RED CABBAGE	40
CORN	40
CARROT FINGER	40
ICE CREAM	86
AFTERNOON SNACK	CAL
BREAD STICK&CHEESE	140
FRUIT	70

03.10.2018 WEDNESDAY	
LUNCH	CAL
* YAYLA SOUP	120
SMALL MEAT BALL IN TOMATO SAUCE & BAKED POTATO	300
PENNE IN PESTO SAUCE	200
MUSHROOM SALAD	70
GREEN SALAD	25
RED CABBAGE	40
GRATED CARROT	40
YOGURT	125
FRUIT	70
AFTERNOON SNACK	CAL
CHOCOLATE DROP COOKIE	160
MILK	115

04.10.2018 THURSDAY	
LUNCH	CAL
CHICKEN SOUP	125
GRILLED MEAT BALL&CHICKEN	280
RICE	240
MUNG BEAN IN OLIVE OIL	100
LETTUCE SALAD	25
GRATED CARROT	40
BULGUR SALAD	100
YOGURT	125
FRUIT	70
AFTERNOON SNACK	CAL
COLD SANDWICH WITH CHEDDAR CHEESE	240
FRUIT JUICE/DRIED FRUIT	75

05.10.2018 FRIDAY	
LUNCH	CAL
** EZOGELIN SOUP	130
HAMBURGER & FRENCH FRIES	350
SPAGETTI IN TOMATO SAUCE	200
CELERY IN OLIVE OIL	100
COLESLAW SALAD	60
TOMATO&CUCUMBER	25
CUCUMBER PICKLE	15
FRUIT JUICE	70
FRUIT	70
AFTERNOON SNACK	CAL
LEMON CAKE	200
MILK	115

08.10.2018 MONDAY	
LUNCH	CAL
TOMATO SOUP	120
RAVIOLI	300
VEGETABLE GRATIN	180
STEAMED MUSHROOM	100
GREEN SALAD	25
RED CABBAGE	40
TOMATO&CUCUMBER	40
YOGURT	125
FRUIT	70
AFTERNOON SNACK	CAL
BRUSCHETTA	200
FRUIT TEA	10

09.10.2018 TUESDAY	
LUNCH	CAL
RICE SOUP	125
CHICKEN SCHNITZEL	260
LASAGNE	240
COW PEA SALAD	120
LETTUCE SALAD	25
GRATED CARROT	40
CORN	40
YOGURT	125
APPLE PIE	200
AFTERNOON SNACK	CAL
BREAD STICK&CHEESE	140
FRUIT	40

10.10.2018 WEDNESDAY	
LUNCH	CAL
MUSHROOM SOUP	130
GRILLED FISH / BAKED POTATO	280
VEGETABLE GRATIN	180
STEAMED HARICOT BEAN	100
ROCKET SALAD	25
LETTUCE SALAD	25
RED CABBAGE	40
SLICED BLACK OLIVE	40
HALVAH	220
AFTERNOON SNACK	CAL
COOKIE	160
FRUIT&MILK	70

11.10.2018 THURSDAY	
LUNCH	CAL
BROCCOLI SOUP	120
BAKED MEAT BALL&POTATO IN TOMATO SAUCE	250
PENNE IN MEDITERRANEAN SAUCE	200
STEAMED CAULIFLOWER	100
GREEN SALAD	25
CUCUMBER&CARROT STICKS	25
CHERRY TOMATO	25
TZATZIKI	75
CACAO PUDDING	200
AFTERNOON SNACK	CAL
POTATO BOREK	240
LEMONADE&DRIED FRUIT	150

12.10.2018 FRIDAY	
LUNCH	CAL
ONION SOUP	120
CHICKEN FINGER&STEAMED VEGETABLE	400
KOREAN RICE	180
BROCCOLI IN YOGURT	100
ICEBERG SALAD	25
GRATED CARROT	40
BEEFROOT PICKLE	75
YOGURT	70
FRUIT	70
AFTERNOON SNACK	CAL
CACAO&VANILLA CAKE	200
MILK	115

15.10.2018 MONDAY	
LUNCH	CAL
CORN SOUP	120
ROLLED MEAT BALL&MASHED POTATO	350
TORTELLINI	300
GRILLED ZUCCHINI	100
LETTUCE SALAD	25
GRATED CARROT	25
RED PEPPER STICKS	40
YOGURT	125
FRUIT	70
AFTERNOON SNACK	CAL
BRUSCHETTA	200
FRUIT TEA	10

16.10.2018 TUESDAY	
LUNCH	CAL
*** TARHANA SOUP	130
FISH FINGER&BAKED POTATO	280
RICE	200
GRILLED CHARD	100
ICEBERG SALAD	25
RED CABBAGE	25
CUCUMBER PICKLE	15
CHEERY TOMATO	75
VANILLA PUDDING WITH CARAMELISED SUGAR SAUCE	200
AFTERNOON SNACK	CAL
BREAD STICK&CHEESE	140
CUCUMBER&RED PEPPER STICKS	25

17.10.2018 WEDNESDAY	
LUNCH	CAL
YELLOW LENTIL SOUP	130
GRILLED TURKEY& STEAMED VEGETABLE	300
SHORT LINGUINE PASTA	200
GIRLLED AUBERGINE	120
GREEN SALAD	25
GRATED CARROT	25
CORN	100
YOGURT	125
FRUIT	70
AFTERNOON SNACK	CAL
ORANGE COOKIE	160
MILK	70

18.10.2018 THURSDAY	
LUNCH	CAL
VERMICELLI SOUP	120
BEEF FAJITA	
RICE	180
MASHED FAVA BEAN	100
LETTUCE SALAD	25
GRATED CARROT	25
CHERRY TOMATO	25
YOGURT	125
TIRAMISSU	200
AFTERNOON SNACK	CAL
SPINACH BOREK	240
FRUIT JUICE&DRIED FRUIT	75

19.10.2018 FRIDAY	
LUNCH	CAL
RED LENTIL SOUP	130
BEEF IN TOMATO SAUCE	400
RICE	200
BROCCOLI SALAD	100
ICEBERG SALAD	25
GRATED CARROT	25
CUCUMBER PICKLE	15
FRUIT JUICE	70
FRUIT	70
AFTERNOON SNACK	CAL
GRAPE MOLASSES CAKE	70
MILK	70

22.10.2018 MONDAY	
LUNCH	CAL
YAYLA SOUP	140
BAKED MEAT BALL & POTATO IN TOMATO SAUCE	220
VERMICELLI	200
COW PEA SALAD	100
GREEN SALAD	25
TOMATO&CUCUMBER	40
CORN	40
YOGURT	125
FRUIT	70
AFTERNOON SNACK	CAL
BRUSCHETTA	200
FRUIT TEA	10

23.10.2018 TUESDAY	
LUNCH	CAL
BROCCOLI SOUP	120
GRILLED FISH&FRENCH FRIES	160
PASTA WITH CHEESE	200
BRUSSELS SPROUT IN OLIVE OIL	100
ICEBERG SALAD	25
RED CABBAGE	40
GRATED CARROT	40
BULGUR SALAD	125
TWO LAYER CUP	200
AFTERNOON SNACK	CAL
BREAD STICK&CHEESE	140
FRUIT	70

24.10.2018 WEDNESDAY	
LUNCH	CAL
RED LENTIL SOUP	130
BAKED CUBED BEEF IN TOMATO SAUCE	240
RICE	200
POTATO SALAD	100
GREEN SALAD WITH ROCKET	25
CARROT STICKS	40
CUCUMBER STICKS	25
TZATZIKI	75
FRUIT	70
AFTERNOON SNACK	CAL
CACAO COOKIE	160
MILK	70

25.10.2018 THURSDAY MEXICAN DAY	
LUNCH	CAL
**** MEXICAN SOUP	130
CHICKEN FAJITA	350
RICE	200
GRILLED CARROT&ZUCCHINI	40
LETTUCE SALAD	25
GRATED CARROT	40
BEEFROOT PICKLE	40
MEXICAN SALAD	100
DRIED APRICOT DESERT	220
AFTERNOON SNACK	CAL
CHEESY BOREK	240
LEMONADE	150

26.10.2018 FRIDAY	
LUNCH	CAL
TOMATO SOUP&CHEESE	140
PIZZA WITH MINCED MEAT	300
RED LENTIL KÖFTE	100
GREEN SALAD WITH ROCKET	25
RED CABBAGE	40
TOMATO&CUCUMBER	25
TUNA FISH SALAD	60
FRUIT JUICE	70
FRUIT	70
AFTERNOON SNACK	CAL
CHOCOLATE DROP CAKE	70
MILK	70

29.10.2018 MONDAY	
HOLIDAY	

30.10.2018 TUESDAY	
AUTUMN BREAK	

31.10.2018 WEDNESDAY	
AUTUMN BREAK	

MERVE AYDIN

MEF SCHOOLS BAHCESEHIR
CAMPUS FOOD ENGINEER

BİRGÜL ÖZ

MEF SCHOOLS
FOOD ENGINEER

TAYFUN ŞENEL

MEF SCHOOLS
CAMPUS&FACILITIES MANAGER

SCHOOL FOOD COMMITTEE

AZMİ ÖZKARDEŞ
GENERAL MANAGER

* YAYLA SOUP
** EZOGELIN SOUP
*** TARHANA SOUP
**** MEXICAN SOUP

: RICE, YOGURT, WHEAT FLOUR and SPICES
: RICE, RED LENTIL, WHEAT FLOUR, TOMATO and
: (TURKISH TRADITIONAL SOUP) YOGURT, WHEAT FLOUR, TOMATO, ONION and
: RED BEAN, TOMATO, CORN and ONION.

OCTOBER 2018	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	

MORNING SNACK	
YOGURT, CAKE, JAM, FRUIT	
CORN FLAKES, DRIED GRAPE, HONEY, MILK	
OMMLET, BREAD STICKS, MILK	
TURKISH BAGEL WITH SESAMME, CHEESE, TOMATO, CUCUMBER, MILK	
CORN FLAKES, DRIED GRAPE, HONEY, MILK	