

# 2017-2018 MEF INTERNATIONAL SCHOOLS - ISTANBUL DECEMBER MENU



<b>4 December 2017</b> <b>MONDAY</b> BREAKFAST CAL WHEAT FLAKES 150 CHEDDAR CHEESE&WHITE CHEESE 100 EGG 70 HONEY 110 BUTTER 110 BLACK&GREEN OLIVE 90 MILK 115 <b>LUNCH</b> CAL VEGETABLE SOUP 120 BAKED MEAT BALLS&POTATO IN TOMATO SAUCE 240 RICE 200 FRUIT 75 BROCCOLI IN OLIVE OIL 100 GREEN SALAD WITH OLIVES 40 CARROT FINGER 40 RED CABBAGE IN YOGURT 60 YOGURT 125 <b>AFTERNOON SNACK</b> CAL BRUSCHETTA 125 LEMONADE 150	<b>5 December 2017</b> <b>TUESDAY</b> BREAKFAST CAL CORN FLAKES 150 CHEDDAR CHEESE&WHITE CHEESE 100 STRAWBERRY JAM 90 BUTTER 110 BLACK&GREEN OLIVE 90 TURKISH BAGEL WITH SESAME 200 MILK 115 <b>LUNCH</b> CAL * DOVGA SOUP 120 GREEN LENTIL CASSEROLE 160 SPAGHETTI IN TOMATO SAUCE 240 FRUIT 75 LEEK IN OLIVE OIL 100 GREEN SALAD 25 RED CABBAGE 25 BULGUR SALAD 100 YOGURT 125 <b>AFTERNOON SNACK</b> CAL CHERRY MUFFIN 200 MILK 115	<b>6 December 2017</b> <b>WEDNESDAY</b> BREAKFAST CAL WHEAT FLAKES 120 CHEDDAR CHEESE&WHITE CHEESE 100 SCRAMBLED EGG 100 HONEY 90 BUTTER 110 BLACK&GREEN OLIVE 90 MILK 115 <b>LUNCH</b> CAL TOMATO SOUP 120 GRILLED FISH & STEAMED VEGETABLES 240 SHORT LINGUINE IN PESTO SAUCE 200 HALVAH 220 SPINACH IN OLIVE OIL 100 LETTUCE SALAD 40 GRATED CARROT 40 POTATO SALAD 100 SALAD ROCKET 125 <b>AFTERNOON SNACK</b> CAL GOLD SANDWICH WITH CHEDDAR CHEESE 210 FRUIT 75	<b>7 December 2017</b> <b>THURSDAY</b> BREAKFAST CAL CORN FLAKES 150 CHEDDAR CHEESE&WHITE CHEESE 100 SESAME PASTE&GRAPE MOLASSES 120 CARROT FINGER 40 BLACK&GREEN OLIVE 90 TURKISH BAGEL WITH SESAME 200 MILK 115 <b>LUNCH</b> CAL RED LENTIL SOUP 130 MANTI (TURKISH RAVIOLI) 280 BAKED ZUCCHINI 100 FRUIT 75 RED BEAN IN OLIVE OIL 120 LETTUCE SALAD WITH TUNA FISH 70 RED CABBAGE 25 GRATED CARROT 40 YOGURT 125 <b>AFTERNOON SNACK</b> CAL SAVOURY COOKIE 150 FRUIT JUICE & AYRAN 70	<b>8 December 2017</b> <b>FRIDAY</b> BREAKFAST CAL WHEAT FLAKES 150 CHEDDAR CHEESE&WHITE CHEESE 100 EGG 70 CHERRY JAM 90 BUTTER 110 BLACK&GREEN OLIVE 90 MILK 115 <b>LUNCH</b> CAL CARROT SOUP 120 DONER (BEEF) & FRENCH FRIES 280 RICE 200 FRUIT 75 BRUSSEL SPROUTS IN OLIVE OIL 100 LETTUCE SALAD 25 CUCUMBER PICKLES 15 COLESLAW SALAD 60 FRUIT JUICE & AYRAN 70 <b>AFTERNOON SNACK</b> CAL SAVOURY PASTRY 200 MILK 115
<b>11 December 2017</b> <b>MONDAY</b> BREAKFAST CAL WHEAT FLAKES 150 CHEDDAR CHEESE&WHITE CHEESE 100 EGG 70 HONEY 90 BUTTER 110 BLACK&GREEN OLIVE 90 MILK 115 <b>LUNCH</b> CAL BROCCOLI SOUP 140 SMALL MEAT BALLS&VEGETABLE CASSEROLE 160 PASTA IN TOMATO SAUCE 220 FRUIT 75 GREEN BEAN IN OLIVE OIL 100 GREEN SALAD 25 GRATED CARROT 40 RED LENTIL KÖFTE 100 YOGURT 125 <b>AFTERNOON SNACK</b> CAL TURKISH BAGEL WITHOUT SESAME 150 MILK 115	<b>12 December 2017</b> <b>TUESDAY</b> BREAKFAST CAL CORN FLAKES 150 CHEDDAR CHEESE&WHITE CHEESE 100 STRAWBERRY JAM 90 BUTTER 110 BLACK&GREEN OLIVE 90 TURKISH BAGEL WITH SESAME 280 MILK 125 <b>LUNCH</b> CAL ** EZOGELIN SOUP 140 SAUTED BEEF&VEGETABLE CASSEROLE 160 RICE 220 SEMOLINA DESERT WITH CHOCOLATE SAUCE 180 KIDNEY BEAN IN OLIVE OIL 120 GREEN SALAD 25 RED CABBAGE 25 GRILLED CAULIFLOWER 100 YOGURT 125 <b>AFTERNOON SNACK</b> CAL BREAD STICKS & CHEESE 220 FRUIT 75	<b>13 December 2017</b> <b>WEDNESDAY</b> BREAKFAST CAL WHEAT FLAKES 150 CHEDDAR CHEESE&WHITE CHEESE 100 SCRAMBLED EGG 100 HONEY 15 BUTTER 110 BLACK&GREEN OLIVE 90 MILK 115 <b>LUNCH</b> CAL SPINACH SOUP 140 GRILLED MEAT BALLS & MASHED POTATO 280 RED BEAN IN OLIVE OIL 100 FRUIT 75 BROCCOLI IN OLIVE OIL 100 LETTUCE SALAD WITH CHEESE 50 GRATED CARROT 40 BARLEY SALAD WITH POMEGRANATE 100 FRUIT JUICE & AYRAN 70 <b>AFTERNOON SNACK</b> CAL SAVOURY PASTRY WITH OLIVES 210 FRUIT JUICE & AYRAN 70	<b>14 December 2017</b> <b>THURSDAY</b> BREAKFAST CAL CORN FLAKES 120 CHEDDAR CHEESE&WHITE CHEESE 100 SESAME PASTE&GRAPE MOLASSES 120 BLACK&GREEN OLIVE 90 CARROT FINGER 40 TURKISH BAGEL WITH SESAME 280 MILK 125 <b>LUNCH</b> CAL TOMATO SOUP 120 HARICOT BEAN CASSEROLE 220 RICE 200 FRUIT 75 CELERY IN OLIVE OIL 120 LETTUCE SALAD WITH OLIVES 40 SALAD ROCKET 125 AUBERGINE&TOMATO IN YOGURT 60 YOGURT 125 <b>AFTERNOON SNACK</b> CAL CAKE WITH CHOCOLATE SAUCE 200 MILK 115	<b>15 December 2017</b> <b>FRIDAY</b> BREAKFAST CAL CORN FLAKES 150 CHEDDAR CHEESE&WHITE CHEESE 100 EGG 70 CHERRY JAM 90 BUTTER 110 BLACK&GREEN OLIVE 90 MILK 125 <b>LUNCH</b> CAL MINESTRONE SOUP 120 GRILLED CHICKEN WITH POLENTA 200 SPAGHETTI IN ITALIAN SAUCE 220 TIRAMISU 180 GREEN PEA IN OLIVE OIL 120 LETTUCE&CORN SALAD 40 RED CABBAGE 25 CARROT FINGER 25 YOGURT 125 <b>AFTERNOON SNACK</b> CAL SAVOURY COOKIE WITH DILL 140 FRUIT 75
<b>18 December 2017</b> <b>MONDAY</b> WINTER BREAK	<b>19 December 2017</b> <b>TUESDAY</b> WINTER BREAK	<b>20 December 2017</b> <b>WEDNESDAY</b> WINTER BREAK	<b>21 December 2017</b> <b>THURSDAY</b> WINTER BREAK	<b>22 December 2017</b> <b>FRIDAY</b> WINTER BREAK
<b>25 December 2017</b> <b>MONDAY</b> WINTER BREAK	<b>26 December 2017</b> <b>TUESDAY</b> WINTER BREAK	<b>27 December 2017</b> <b>WEDNESDAY</b> WINTER BREAK	<b>28 December 2017</b> <b>THURSDAY</b> WINTER BREAK	<b>29 December 2017</b> <b>FRIDAY</b> WINTER BREAK



SİNEM AKBAYRAK  
AŞKUR CATERING CO.  
FOOD ENGINEER

METİN BETİN  
AŞKUR CATERING CO.  
PROJECT MANAGER

BİRGÜL ÖZ  
MEF SCHOOLS  
FOOD ENGINEER

DAMLA ŞAHİN  
MEF SCHOOLS  
PURCHASING & ADMINISTRATIVE AFFAIRES MANAGER

SCHOOL FOOD COMMITTEE

\* DOVGA SOUP  
\*\* EZOGELIN SOUP

: YOGURT, SPINACH, CHICK PEA, RICE,  
: RED LENTIL, RICE, TOMATO and ONION.