

2017-2018 MEFIS JUNE MENU



5 June 2018 MONDAY		6 June 2018 TUESDAY		7 June 2018 WEDNESDAY		8 June 2018 THURSDAY		9 June 2018 FRIDAY	
LUNCH	CAL	LUNCH	CAL	LUNCH	CAL	LUNCH	CAL	LUNCH	CAL
RED LENTIL SOUP	130	YOGURT SOUP	130	TOMATO SOUP	120	CARROT SOUP	120	* KAMELYA SOUP	120
BAKED SMALL MEAT BALL&POTATO IN TOMATO SAUCE	280	BEEF&SUMMER VEGETABLE CASSEROLE	180	CHICKEN FINGER & BAKED POTATO	400	MANTI (TURKISH RAVIOLI)	300	SAUTED BEEF & YOGURT and TOMATO SAUCE	350
SPAGHETTI IN TOMATO SAUCE	200	BOREK WITH CHEESE	240	RICE	180	BAKED ZUCCHINI	140	RICE	180
SEMOLINA DESERT WITH MLK IN CHOCOLATE SAUCE	200	FRUIT	70	FRUIT	70	FRUIT	70	PROFITEROLES	70
GRILLED AUBERGINE IN TOMATO SAUCE	120	ARTICHOKE IN OLIVE OIL	100	GREEN BEAN IN OLIVE OIL	100	RED BEAN IN OLIVE OIL	120	OKRA IN OLIVE OIL	100
GREEN SALAD	25	LETTUCE SALAD	25	LETTUCE SALAD	25	TUNA FISH SALAD	100	GREEN SALAD	25
GRATED CARROT	25	RED CABBAGE	25	GRATED CARROT	25	RED CABBAGE	25	ROCKET	15
RED CABBAGE IN YOGURT	75	RED LENTIL ROLLS	100	TOMATO&CUCUMBER SALAD	40	WHEAT SALAD	100	MIXED PICKLES	15
YOGURT	125	YOGURT	125	FRUIT JUICE & AYRAN	100/70	YOGURT	125	TZATZKI	125
AFTERNOON SNACK	CAL	AFTERNOON SNACK	CAL	AFTERNOON SNACK	CAL	AFTERNOON SNACK	CAL	AFTERNOON SNACK	CAL
COLD SANDWICH WITH CHEESE	240	CHERRY MUFFIN	220	TURKISH BAGEL WITH CHEDDAR CHEESE	200	CHOCOLATE CHIP COOKIE	160	OLIVE SAVORY PASTRY	150
FRUIT	70	MILK	115	LEMONADE	150	MILK	115	FRUIT	115
11 June 2018 MONDAY		12 June 2018 TUESDAY		13 June 2018 WEDNESDAY		14 June 2018 THURSDAY		15 June 2018 FRIDAY	
LUNCH	CAL	LUNCH	CAL	LUNCH	CAL	LUNCH	CAL	LUNCH	CAL
*** COLD AYRAN SOUP	140	VEGETABLE SOUP	120	**** MENGEN SOUP	130				
ROLLED MEAT BALL & MASHED POTATO	280	BEEF&HARICOT BEAN CASSEROLE	240	BERBEOQUE MENU & FRENCH FRIES	350	HOLIDAY		HOLIDAY	
SHORT LINGUINE PASTA	180	RICE	180	PASTA IN TOMATO SAUCE	200	HOLIDAY		HOLIDAY	
FRUIT	70	ICE CREAM	80	FRUIT	70	HOLIDAY		HOLIDAY	
ZUCCHINI IN OLIVE OIL	100	OKRA IN OLIVE OIL	100	STUFFED AUBERGINE WITH VEGETABLE IN OLIVE OIL	120	HOLIDAY		HOLIDAY	
LETTUCE SALAD	25	GREEN SALAD	25	GREEN SALAD	25	HOLIDAY		HOLIDAY	
RED CABBAGE	50	MIX PICKLES	15	GRATED CARROT	25	HOLIDAY		HOLIDAY	
SUCED OLIVE SALAD	45	GRILLED CARROT & ZUCCHINI	140	CUCUMBER IN YOGURT	75	HOLIDAY		HOLIDAY	
YOGURT	125	YOGURT	125	YOGURT	125	HOLIDAY		HOLIDAY	
AFTERNOON SNACK	CAL	AFTERNOON SNACK	CAL			HOLIDAY		HOLIDAY	
CHOCOLATE MUFFIN	220	SAVORY PASTRY WITH OIL and CHEESE	160			HOLIDAY		HOLIDAY	
MILK	115	FRUIT	75			HOLIDAY		HOLIDAY	
18 June 2018 MONDAY		19 June 2018 TUESDAY		20 June 2018 WEDNESDAY		21 June 2018 THURSDAY		22 June 2018 FRIDAY	
HOLIDAY		HOLIDAY		HOLIDAY		HOLIDAY		HOLIDAY	
25 June 2018 MONDAY		26 June 2018 TUESDAY		27 June 2018 WEDNESDAY		28 June 2018 THURSDAY		29 June 2018 FRIDAY	
HOLIDAY		HOLIDAY		HOLIDAY		HOLIDAY		HOLIDAY	

JUNE 2018		BREAKFAST	
MONDAY		CHEESE, EGGS, HONEY, BUTTER, CORN FLAKES, MILK	
TUESDAY		CHEDDAR CHEESE, STRAWBERRY JAM, WHEAT FLAKES, GREEN OLIVES, TURKISH BAGEL WITH SESAME, MILK	
WEDNESDAY		CHEESE, EGGS, HONEY, BUTTER, CORN FLAKES, MILK	
THURSDAY		CHEDDAR CHEESE, SESAME PASTE&GRAPE MOLASSES, WHEAT FLAKES, GREEN OLIVES, TURKISH BAGEL WITH SESAME, MILK	
FRIDAY		CHEESE, EGGS, CHERRY JAM, CORN FLAKES, BLACK OLIVES, MILK	

SİNEM AKBAYRAK
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FOOD ENGINEER

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ASKUR CATERING CO.
PROJECT MANAGER

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MEF SCHOOLS
FOOD ENGINEER

TAYFUN ŞENEL
MEF SCHOOLS
CAMPUS&FACILITIES MANAGER

SCHOOL FOOD COMMITTEE

INGREDIENTS OF TRADITIONAL TURKISH SOUPS:
* KAMELYA SOUP
** EZOĞELI SOUP
*** AYRAN SOUP (CHILLED YOGURT AND CHICKPEA SOUP)
**** MENGEN SOUP

: GREEN PEA, MILK and WHEAT FLOUR.
: RED LENTIL, RICE, TOMATO, WHEAT FLOUR, ONION and SPICES.
: CHICK PEA, WHEAT, STRAINED YOGURT and MINT.
: RICE, BULGUR, EGG, YOGURT and WHEAT FLOUR.

