

**2017-2018**  
**MEF INTERNATIONAL SCHOOLS - ISTANBUL**  
**DECEMBER VEGGIE MENU**

<p><b>4 December 2017</b> <b>MONDAY</b></p> <table border="1"> <thead> <tr> <th>BREAKFAST</th> <th>CAL</th> </tr> </thead> <tbody> <tr><td>WHEAT FLAKES</td><td>150</td></tr> <tr><td>CHEDDAR CHEESE&amp;WHITE CHEESE</td><td>100</td></tr> <tr><td>EGG</td><td>70</td></tr> <tr><td>HONEY</td><td>110</td></tr> <tr><td>BUTTER</td><td>110</td></tr> <tr><td>BLACK&amp;GREEN OLIVE</td><td>90</td></tr> <tr><td>MILK</td><td>115</td></tr> <tr><td><b>LUNCH</b></td><td><b>CAL</b></td></tr> <tr><td>VEGETABLE SOUP</td><td>120</td></tr> <tr><td>BAKED MUSHROOM WITH CHEDDAR CHEESE</td><td>240</td></tr> <tr><td>RICE</td><td>200</td></tr> <tr><td>FRUIT</td><td>75</td></tr> <tr><td>BROCCOLI IN OLIVE OIL</td><td>100</td></tr> <tr><td>GREEN SALAD WITH OLIVES</td><td>40</td></tr> <tr><td>CARROT FINGER</td><td>40</td></tr> <tr><td>RED CABBAGE IN YOGURT</td><td>60</td></tr> <tr><td>YOGURT</td><td>125</td></tr> <tr><td><b>AFTERNOON SNACK</b></td><td><b>CAL</b></td></tr> <tr><td>BRUSCHETTA</td><td>125</td></tr> 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<p><b>18 December 2017</b> <b>MONDAY</b></p> <p>WINTER BREAK</p>	<p><b>19 December 2017</b> <b>TUESDAY</b></p> <p>WINTER BREAK</p>	<p><b>20 December 2017</b> <b>WEDNESDAY</b></p> <p>WINTER BREAK</p>	<p><b>21 December 2017</b> <b>THURSDAY</b></p> <p>WINTER BREAK</p>	<p><b>22 December 2017</b> <b>FRIDAY</b></p> <p>WINTER BREAK</p>																																																																																																																																																																																																																		
<p><b>25 December 2017</b> <b>MONDAY</b></p> <p>WINTER BREAK</p>	<p><b>26 December 2017</b> <b>TUESDAY</b></p> <p>WINTER BREAK</p>	<p><b>27 December 2017</b> <b>WEDNESDAY</b></p> <p>WINTER BREAK</p>	<p><b>28 December 2017</b> <b>THURSDAY</b></p> <p>WINTER BREAK</p>	<p><b>29 December 2017</b> <b>FRIDAY</b></p> <p>WINTER BREAK</p>																																																																																																																																																																																																																		



SINEM AKBAYRAK  
ASKUR CATERING CO.  
FOOD ENGINEER

METİN BETİN  
ASKUR CATERING CO.  
PROJECT MANAGER

BİRGÜL ÖZ  
MEF SCHOOLS  
FOOD ENGINEER

DAMLA ŞAHİN  
MEF SCHOOLS  
PURCHASING & ADMINISTRATIVE AFFAIRS MANAGER

SCHOOL FOOD COMMITTEE

\* DOVGA SOUP  
\*\* EZOGELIN SOUP

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