

2017-2018 MEFIS JUNE MENU



| 5 June 2018 | 6 June 2018 | 7 June 2018 | 8 June 2018 | 9 June 2018 |
|--|---------------------------------------|---|-----------------------------|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| 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 | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK |
| COLD SANDWICH WITH CHEESE 240 | CHEERY 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 | 12 June 2018 | 13 June 2018 | 14 June 2018 | 15 June 2018 |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| *** 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 | | |
| SHORT LINGUINE PASTA 180 | RICE 180 | PASTA IN TOMATO SAUCE 200 | | |
| FRUIT 70 | ICE CREAM 80 | FRUIT 70 | | |
| ZUCCHINI IN OLIVE OIL 100 | OKRA IN OLIVE OIL 100 | STUFFED AUBERGINE WITH VEGETABLE IN OLIVE OIL 120 | | |
| LETTUCE SALAD 25 | GREEN SALAD 25 | GREEN SALAD 25 | | |
| RED CABBAGE 50 | MIX PICKLES 15 | GRATED CARROT 25 | | |
| SUCED OLIVE SALAD 45 | GRILLED CARROT & ZUCCHINI 140 | CUCUMBER IN YOGURT 75 | | |
| YOGURT 125 | YOGURT 125 | YOGURT 125 | | |
| AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | | |
| CHOCOLATE MUFFIN 200 | SAVORY PASTRY WITH OIL and CHEESE 160 | | | |
| MILK 115 | FRUIT 75 | | | |
| 18 June 2018 | 19 June 2018 | 20 June 2018 | 21 June 2018 | 22 June 2018 |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| HOLIDAY | HOLIDAY | HOLIDAY | HOLIDAY | HOLIDAY |
| 25 June 2018 | 26 June 2018 | 27 June 2018 | 28 June 2018 | 29 June 2018 |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| HOLIDAY | HOLIDAY | HOLIDAY | HOLIDAY | HOLIDAY |

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

SİNEM AKBAYRAK
ASKUR CATERING CO.
FOOD ENGINEER

METİN BETİN
ASKUR CATERING CO.
PROJECT MANAGER

BİRGÜL ÖZ
MEF SCHOOLS
FOOD ENGINEER

TAYFUN ŞENEL
MEF SCHOOLS
CAMPUS&FACILITIES MANAGER

SCHOOL FOOD COMMITTEE

INGREDIENTS OF TRADITIONAL TURKISH SOUPS:
* KAMELYA SOUP
** EZOĞELİN 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.

