

ŞUBAT AYI YEMEK LİSTESİ / MENU - FEBRUARY 2017

TARİH / DATE	SABAH KAHVALTISI / BREAKFAST	ÖĞLE YEMEĞİ / LUNCH	İKİNDİ KAHVALTISI / AFTERNOON SNACKS
01.02.2017 ÇARŞ./WED.	HAŞLANMIŞ YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal), SÜT /BOILED EGGS, STANDARD BREAKFAST, MILK	TARHANA ÇORBA, İZMİR KÖFTE, SALATA /SOUP, MEATBALL, SALAD	EV YAPIMI SİMİT, MEYVE /HOME-MADE PASTRY, FRUITS
02.02.2017 PERŞ./THU.	GÖZLEME, SÜTLÜ YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal,) SÜT / PASTRY, EGG, STANDARD BREAKFAST, MILK	ETLİ NOHUT YEMEĞİ, PİRİNÇ PİLAVI, SALATA /CHICKPEAS WITH MEAT, RICE, SALAD	PİŞİ, AYRAN /HOME-MADE PUFF PASTRY, AYRAN
03.02.2017 CUMA/FRI.	OMLET, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal), SÜT /OMELETTE, STANDARD BREAKFAST, MILK	YAYLA ÇORBA, KARNABAHAHAR TOPLARI, GEZEN TAVUK SOTE, BULGUR PİLAVI /SOUP, CAULIFLOWER, CHICKEN SAUTE, WHEAT GRAINS	ISLAK KEK, TAZE SIKILMIŞ PORTAKAL SUYU /WET CAKE, FRESH ORANGE JUICE
06.02.2017 P.TEŞİ/MON.	SİMİT, SAHANDA YUMURTA SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal), SÜT /SIMIT, EGG, STANDARD BREAKFAST, MILK	EZOĞELİN ÇORBA, FIRINDA PATATES OTURTMA, SALATA /SOUP, BAKED POTATO, SALAD	PUDİNG, MEYVE /PUDDING, FRUIT
07.02.2017 SALI/TUE.	EKMEK KIZARTMASI, SÜTLÜ YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal), SÜT /TOASTED BREAD, EGG, STANDARD BREAKFAST, MILK	TARHANA ÇORBA, MANTI, SALATA /SOUP, MANTI, SALAD	BİSKÜVİLİ YAŞ PASTA, MEYVE /WET CAKE, FRUIT
08.02.2017 ÇARŞ./WED.	OMLET, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal), SÜT /OMELETTE, STANDARD BREAKFAST, MILK	DOMATES ÇORBA, DALYAN KÖFTE, PÜRE, HAVUÇ SALATA /SOUP, MEATBALL, MASHED POTATO, CARROT SALAD	KANEPE, BALLI IHLAMUR /CANAPE, LINDEN TEA WITH HONEY
09.02.2017 PERŞ./THU.	PATATESLİ YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) BİTKİ ÇAYI /EGG AND POTATO, STANDARD BREAKFAST, HERBAL TEA	ETLİ KURU FASULYE, PİRİNÇ PİLAVI, AYRAN /BEANS WITH MEAT, RICE, AYRAN	TAHİNLİ KURABİYE, TARÇINLI SAHLEP /SESAME COOKIES, SALEP WITH CINNAMON
10.02.2017 CUMA/FRI.	SİMİT, HAŞLANMIŞ YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal), SÜT /SIMIT, BOILED EGG, STANDARD BREAKFAST, MILK	DOMATES ÇORBA, KIYMALI İSPANAK, ŞEHRİYE PİLAVI /SOUP, SPINACH, RICE	PİŞİ, AYRAN /HOME-MADE PUFF PASTRY, AYRAN
13.02.2017 P.TEŞİ/MON.	EKMEK KIZARTMASI, SAHANDA YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) SÜT /TOASTED BREAD, EGG, STANDARD BREAKFAST, MILK	HAŞLANMIŞ PATATES, KARNABAHAHAR TOPLARIYLA MEVSİM BALIĞI, SALATA /BOILED POTATOES, CAULIFLOWER, FISH, SALAD	KADAYIFLI MUHALLEBİ, PORTAKAL SUYU /MILK PUDDING, FRESH ORANGE JUICE
14.02.2017 SALI/TUE.	HAŞLANMIŞ YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal), SÜT /BOILED EGG, STANDARD BREAKFAST, MILK	MERCİMEK ÇORBA, KOL BÖREĞİ (ETLİ-PEYNİRLİ), AYRAN /SOUP, ROLLED PASTRY WITH MEAT AND CHEESE, AYRAN	KISIR, TAZE SIKILMIŞ PORTAKAL SUYU /WHEAT SALAD, FRESH ORANGE JUICE
15.02.2017 ÇARŞAMBA/WED.	YUMURTALI EKMEK, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal), SÜT /EGGY BREAD, STANDARD BREAKFAST, MILK	KIY. TARHANA ÇORBA, İSPANAK GRATEN, KUS KUS PİLAVI /SOUP, SPINACH GRATEN, NOODLE	MİLFÖY BÖREĞİ, MEYVE TABAĞI /PASTRY, SALAD WITH FRUITS
16.02.2017 PERŞ./THU.	HAŞLANMIŞ YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal), SÜT /BOILED EGG, STANDARD BREAKFAST, MILK	HAVUÇ ÇORBA, EKŞİLİ KÖFTE, BULGUR PİLAVI, SALATA /SOUP, MEATBALL, WHEAT GRAINS, SALAD	KURABİYE, BALLI IHLAMUR /COOKIE, LINDEN TEA WITH HONEY
17.02.2017 CUMA/FRI.	TOST, SÜTLÜ YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal), IHLAMUR /TOAST, EGG, STANDARD BREAKFAST, HERBAL TEA	GEZEN TAVUK ÇORBA, BEŞAMEL SOSLU KARNABAHAHAR, PİRİNÇ PİLAVI, SALATA /FREE-RANGE CHICKEN SOUP, CAULIFLOWER, SALAD	MERCİMEK KÖFTE, MEYVE /LENTIL BALLS, FRUITS
20.02.2017 P.TEŞİ/MON.	OMLET, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) SÜT /OMELETTE, STANDARD BREAKFAST, MILK	ETLİ NOHUT YEMEĞİ, PİRİNÇ PİLAVI, CACIK /CHICKPEAS WITH MEAT, RICE, CUCUMBER-YOGHOURT	MİNİ POĞAÇA, SÜT /PASTRY WITH CHEESE FILLING, MILK
21.02.2017 SALI/TUE.	EKMEK KIZARTMASI, HAŞLANMIŞ YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin, bal), SÜT /TOASTED BREAD, BOILED EGG, STANDARD BREAKFAST, MILK	ŞEHRİYE ÇORBA, SEBZELİ TAVUK SOTE, BULGUR PİLAVI /SOUP, CHICKEN WITH VEGETABLES, WHEAT GRAINS	MİLFÖY BÖREĞİ, MEYVE /PASTRY, FRUIT
22.02.2017 ÇARŞAMBA/WED.	OMLET, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) BİTKİ ÇAYI /OMELETTE, STANDARD BREAKFAST, HERBAL TEA	YOĞURT ÇORBA, KÖFTE, MAKARNA /SOUP, MEAT BALL, PASTA	PATATES SALATASI, MEYVE /POTATO SALAD, FRUITS
23.02.2017 PERŞ./THU.	SAHANDA YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal,.) SÜT /EGG, STANDARD BREAKFAST, MILK	BROKOLİ ÇORBA, ETLİ LAHANA SARMA, SALATA /BROCCOLI SOUP, CABBAGE ROLL WITH MEAT, SALAD	KURABİYE, TAZE SIKILMIŞ PORTAKAL SUYU /COOKIE, FRESH ORANGE JUICE
24.02.2017 CUMA/FRI.	FIRINDA EKMEK KIZARTMASI, SÜTLÜ YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin- pekmez, bal), SÜT /TOASTED BREAD, EGG, STANDARD BREAKFAST, MILK	TARHANA ÇORBA, KOL BÖREĞİ (ETLİ-PEYNİRLİ), SALATA /SOUP, ROLLED PASTRY WITH MEAT AND CHEESE, SALAD	ISLAK KEK, MEYVE /WET CAKE, FRUIT
27.02.2017 P.TEŞİ/MON.	SİGARA BÖREĞİ, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal), SÜT /PASTRY, STANDARD BREAKFAST, MILK	EZOĞELİN ÇORBA, PİZZA, AYRAN /SOUP, PIZZA, AYRAN	PİŞİ, AYRAN /HOME-MADE PUFF PASTRY, AYRAN
28.02.2017 SALI/TUE.	SİMİT, HAŞLANMIŞ YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal), SÜT /SIMIT, BOILED EGG, STANDARD BREAKFAST, MILK	GEZEN TAVUK ÇORBA, DEROTLU KABAK YEMEĞİ, YOĞURT /FREE-RANGE SOUP, ZUCCHINI, YOGURT	SUSAMLI ÇUBUK, MEYVE /SESAME STICKS, FRUIT

KULLANILAN MARKALAR/OUR SUPPLIERS: PINAR ET VE SÜT ÜRÜNLERİ/DAIRY PRODUCTS, BALPARMAK/HONNEY, KOR GEZEN TAVUK/FREE-RANGE CHICKEN,
SEFERİHİSAR YUMURTA KOOPERATİFİ/FREE-RANGE EGGS, KILIÇ BALIK/FISH

EMİNE ÖZTÜRK

TAD PRESCHOOL MAVİŞEHİR

