

# 4 & 5 YEAR OLDS' DECEMBER 2022 MENU

			<p><b>1.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>CREAM CHEESE 39</p> <p>BAKED POTATOES 120</p> <p>TAHINI &amp; MOLASSES 64</p> <p>TOMATO 20</p> <p>CUCUMBER 30</p> <p>ROSEHIP TEA 20</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>EZOĞELİN SOUP 95</p> <p>BAKED SEASONAL VEGETABLES 95</p> <p>SPAGHETTI W/BOLOGNAISE SAUCE 220</p> <p>FRUIT 60/100</p> <p>COWPEAS W/POMEGRANATE 110</p> <p>GREEN SALAD 30</p> <p>CARROT SALAD 30</p> <p>YOGURT 100</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>BROWNIE CAKE 240</p> <p>MILK 90</p>	<p><b>2.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>CHEDDAR CHEESE 65</p> <p>OMELETTE 70</p> <p>JAM 60</p> <p>TOMATO 20</p> <p>CUCUMBER 15</p> <p>APPLE TEA 20</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>TOMATO SOUP W/CHEESE 95</p> <p>BEEF KEBAB/MASHED POTATOES 275</p> <p>BULGUR PILAF 150</p> <p>AYRAN/ICE CREAM 70/100</p> <p>BEET W/YOGURT SAUCE 95</p> <p>LETTUCE SALAD 30</p> <p>RED CABBAGE SALAD 30</p> <p>YOGURT 100</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>MINI SANDWICH W/GRATED CHEESE 200</p> <p>AYRAN 70</p>
<p><b>5.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>FETA CHEESE 50</p> <p>BAKED POTATOES 120</p> <p>HONEY 64</p> <p>TOMATO 20</p> <p>CUCUMBER 15</p> <p>LINDEN TEA 10</p> <p><b>LUNCH</b> <b>CAL</b></p> <p><b>SPECIAL DAY</b></p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>COOKIES 160</p> <p>MILK 90</p>	<p><b>6.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>MILD CREAM CHEESE 198</p> <p>CREPE 187</p> <p>JAM 60</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>MILK 90</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>VEGETABLE SOUP 70</p> <p>WHITE BEANS W/BEEF 250</p> <p>RICE PILAF 160</p> <p>FRUIT 60/100</p> <p>STEWED MUSHROOMS 95</p> <p>GREEN SALAD 30</p> <p>PICKLE 30</p> <p>YOGURT/CACIK 100/70</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>SIMIT 220</p> <p>AYRAN 70</p>	<p><b>7.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>CHEDDAR CHEESE 65</p> <p>OMELETTE 70</p> <p>TAHINI &amp; MOLASSES 64</p> <p>TOMATO 20</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>APPLE TEA 20</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>EZOĞELİN SOUP 95</p> <p>BEEF CASSEROLE W/CAULIFLOWER 270</p> <p>PASTA W/ TOMATO SAUCE 160</p> <p>COMPOTE 60</p> <p>BULGUR PATTIES 150</p> <p>LETTUCE SALAD 30</p> <p>RED CABBAGE SALAD 30</p> <p>YOGURT 100</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>ORANGE CAKE 200</p> <p>MILK 90</p>	<p><b>8.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>CREAM CHEESE 39</p> <p>PANCAKE 200</p> <p>JAM 60</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>MILK 90</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>YOGURT SOUP 75</p> <p>BEEF KEBAB 250</p> <p>BULGUR PILAF 150</p> <p>AYRAN 70</p> <p>STEWED LEEK 80</p> <p>GREEN SALAD 30</p> <p>CARROT SALAD 30</p> <p>YOGURT 100</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>PASTRY 180</p> <p>AYRAN 70</p>	<p><b>9.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>FETA CHEESE 50</p> <p>POTATO OMELETTE 160</p> <p>HONEY 64</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>ROSEHIP TEA 20</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>BEEF SOUP 140</p> <p>ENKA BURGER /PICKLE/ TOM./ BAKED 450</p> <p>AYRAN/ICE CREAM 70/100</p> <p>STEWED BRUSSELS SPROUTS 90</p> <p>SEASONAL SALAD 30</p> <p>RED CABBAGE SALAD 30</p> <p>YOGURT 100</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>COCOA COOKIES 180</p> <p>MILK 90</p>
<p><b>12.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>MILD CREAM CHEESE 198</p> <p>CREPE 187</p> <p>JAM 60</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>APPLE TEA 20</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>TOMATO SOUP W/VERMICELLI 95</p> <p>CHICKEN STEW 220</p> <p>RICE PILAF W/CHICKPEAS 170</p> <p>AYRAN 70</p> <p>STEWED SPINACH 70</p> <p>LETTUCE SALAD 30</p> <p>CARROT SALAD W/RADISH 30</p> <p>YOGURT 100</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>PASTRY W/OLIVES 220</p> <p>AYRAN 70</p>	<p><b>13.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>CHEDDAR CHEESE 65</p> <p>BAKED POTATOES 120</p> <p>TAHINI &amp; MOLASSES 64</p> <p>TOMATO 20</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>MILK 90</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>BROCCOLI SOUP 85</p> <p>GREEN LENTIL CASSEROLE 200</p> <p>PASTRY W/BEEF 350</p> <p>FRUIT 60/100</p> <p>CARROT W/YOGURT SAUCE 85</p> <p>GREEN SALAD W/CITRUS 50</p> <p>PICKLE 30</p> <p>YOGURT/CACIK 100/70</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>MOLASSES CAKE 200</p> <p>MILK 90</p>	<p><b>14.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>FETA CHEESE 50</p> <p>POTATO OMELETTE 160</p> <p>OMELETTE 70</p> <p>HONEY 64</p> <p>TOMATO 20</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>ROSEHIP TEA 20</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>EZOĞELİN SOUP 95</p> <p>MEATBALL W/TOMATO SAUCE 245</p> <p>PASTA W/ MUSHROOM SAUCE 160</p> <p>FRUIT 60/100</p> <p>STEWED KIDNEY BEANS 190</p> <p>MEDITERRANEAN SALAD 30</p> <p>CARROT SALAD 30</p> <p>YOGURT 100</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>PASTRY W/DILL &amp; CHEESE 200</p> <p>AYRAN 70</p>	<p><b>15.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>CREAM CHEESE 39</p> <p>OMELETTE 70</p> <p>TAHINI &amp; MOLASSES 64</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>CHERRY COMPOTE 60</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>CHICKEN SOUP 140</p> <p>PEAS W/BEEF 200</p> <p>BULGUR PILAF W/VERMICELLI 170</p> <p>COMPOTE 60</p> <p>POTATO SALAD 120</p> <p>SEASONAL SALAD 30</p> <p>RED CABBAGE SALAD 30</p> <p>YOGURT 100</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>RAISIN COOKIES 180</p> <p>MILK 90</p>	<p><b>16.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>FETA CHEESE 50</p> <p>PANCAKE 200</p> <p>JAM 60</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>LINDEN TEA 10</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>LENTIL SOUP 80</p> <p>BEEF DONER/BAKED POTATOES 450</p> <p>RICE PILAF 160</p> <p>AYRAN/ICE CREAM 70/100</p> <p>STEWED VEGETABLES W/SAUCE 95</p> <p>GREEN SALAD 30</p> <p>CABBAGE SALAD W/RAISINS 30</p> <p>YOGURT 100</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>MINI PIZZA 160</p> <p>AYRAN 70</p>
<p><b>19.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>CHEDDAR CHEESE 65</p> <p>POTATO OMELETTE 160</p> <p>TAHINI &amp; MOLASSES 64</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>MILK 90</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>EZOĞELİN SOUP 95</p> <p>BOSNAK PASTY/YOGURT SAUCE 400</p> <p>ROASTED CABBAGE 95</p> <p>FRUIT 60/100</p> <p>BULGUR SALAD 110</p> <p>LETTUCE SALAD 30</p> <p>RED CABBAGE SALAD 30</p> <p>YOGURT 100</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>LEMON CAKE 200</p> <p>MILK 90</p>	<p><b>20.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>CREAM CHEESE 39</p> <p>CREPE 187</p> <p>JAM 60</p> <p>TOMATO 20</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>ROSEHIP TEA 20</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>LENTIL SOUP 80</p> <p>BAKED BEEF &amp; VEGETABLE MOUSSAKA 270</p> <p>PASTA 160</p> <p>AYRAN 70</p> <p>STEWED COWPEAS 110</p> <p>MEDITERRANEAN SALAD 30</p> <p>CARROT SALAD 30</p> <p>YOGURT 100</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>PASTRY 240</p> <p>AYRAN 70</p>	<p><b>21.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>FETA CHEESE 50</p> <p>BAKED POTATOES 120</p> <p>HONEY 64</p> <p>TOMATO 20</p> <p>CUCUMBER 15</p> <p>MILK 90</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>VEGETABLE SOUP 70</p> <p>CHICKPEAS W/BEEF 260</p> <p>RICE PILAF 150</p> <p>FRUIT 60/100</p> <p>STEWED MUSHROOMS 95</p> <p>SEASONAL SALAD 30</p> <p>PICKLE 30</p> <p>YOGURT/CACIK 100/70</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>TWO COLOR COOKIES 200</p> <p>MILK 90</p>	<p><b>22.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>MILD CREAM CHEESE 198</p> <p>OMELETTE 70</p> <p>JAM 60</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>APPLE TEA 20</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>YOGURT SOUP 75</p> <p>ROAST MEATBALLS/MASHED POTATOES 400</p> <p>COUSCOUS 138</p> <p>AYRAN/ICE CREAM 245</p> <p>LENTIL PATTIES 120</p> <p>GREEN SALAD 30</p> <p>RED CABBAGE SALAD 30</p> <p>YOGURT 100</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>SIMIT 220</p> <p>AYRAN 70</p>	<p><b>23.12.2022</b></p> <p><b>ENKA HOLIDAY</b></p>
<p><b>26.12.2022</b></p> <p><b>ENKA HOLIDAY</b></p>	<p><b>27.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>FETA CHEESE 50</p> <p>BAKED POTATOES 120</p> <p>TAHINI &amp; MOLASSES 64</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>MILK 90</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>YAYLA SOUP 85</p> <p>WHITE BEANS W/BEEF 250</p> <p>RICE PILAF 160</p> <p>FRUIT 60/100</p> <p>STEWED CARROT 95</p> <p>GREEN SALAD 30</p> <p>PICKLE 30</p> <p>YOGURT/CACIK 100/70</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>COCOA CAKE 220</p> <p>MILK 90</p>	<p><b>28.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>MILD CREAM CHEESE 198</p> <p>POTATO OMELETTE 160</p> <p>JAM 60</p> <p>TOMATO 20</p> <p>CUCUMBER 15</p> <p>LINDEN TEA 10</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>BEEF SOUP 140</p> <p>SPINACH WITH BEEF 195</p> <p>PASTRY W/POTATOES 270</p> <p>AYRAN 70</p> <p>BULGUR SALAD 110</p> <p>ARUGULA SALAD 30</p> <p>CARROT SALAD W/OINCE &amp; RADISH 50</p> <p>YOGURT 100</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>MINI SANDWICH W/GRATED CHEESE 200</p> <p>AYRAN 70</p>	<p><b>29.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>CHEDDAR CHEESE 65</p> <p>CREPE 187</p> <p>HONEY 64</p> <p>TOMATO 20</p> <p>CARROT 30</p> <p>ROSEHIP TEA 20</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>MINISTRONE SOUP 100</p> <p>BAKED MEATBALLS W/VEGETABLES 195</p> <p>PASTA W/BASIL SAUCE 160</p> <p>FRUIT 60/100</p> <p>STEWED CABBAGE W/ RAISINS 95</p> <p>MEDITERRANEAN SALAD 30</p> <p>CARROT SALAD 30</p> <p>YOGURT 100</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>ORANGE COOKIES 180</p> <p>MILK 90</p>	<p><b>30.12.2022</b></p> <p><b>BREAKFAST</b> <b>CAL</b></p> <p>CREAM CHEESE 39</p> <p>OMELETTE 70</p> <p>JAM 60</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>APPLE TEA 20</p> <p><b>LUNCH</b> <b>CAL</b></p> <p>TOMATO SOUP W/CHEESE 95</p> <p>BAKED TURKEY 225</p> <p>RICE PILAF 160</p> <p>AYRAN/ICE CREAM 70/100</p> <p>FRUIT 60/100</p> <p>BULGUR PATTIES W/PEPPERS 95</p> <p>LETTUCE SALAD 30</p> <p>CARROT W/YOGURT SAUCE 85</p> <p>RED CABBAGE SALAD 30</p> <p>YOGURT 100</p> <p><b>MID-AFTERNOON</b> <b>CAL</b></p> <p>PASTRY 180</p> <p>AYRAN 70</p>