

3 YEAR OLDS' JANUARY 2023 MENU

<p>2.01.2023</p> <p>BREAKFAST CAL</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>LUNCH CAL</p> <p>LENTIL SOUP 80</p> <p>PASTY/YOGURT/SAUCE 400</p> <p>VEGETABLE BOUQUET 120</p> <p>FRUIT 60/100</p> <p>BULGUR SALAD 110</p> <p>MEDITERRANEAN SALAD 30</p> <p>CARROT SALAD 30</p> <p>YOGURT 100</p>	<p>3.01.2023</p> <p>BREAKFAST CAL</p> <p>CHEDDAR CHEESE 65</p> <p>BAKED POTATOES 120</p> <p>TAHINI MOLASSES 64</p> <p>TOMATO 20</p> <p>CUCUMBER 15</p> <p>CHERRY COMPOTE 60</p> <p>LUNCH CAL</p> <p>MUSHROOM SOUP 85</p> <p>HASANPASHA MEATBALL 230</p> <p>BULGUR PILAF W/VERMICELLI 170</p> <p>AYRAN 70</p> <p>STEWED CABBAGE 95</p> <p>GREEN SALAD 30</p> <p>RADISH SALAD 30</p> <p>YOGURT 100</p>	<p>4.01.2023</p> <p>BREAKFAST CAL</p> <p>MILD CREAM CHEESE 198</p> <p>PANCAKE 200</p> <p>JAM 60</p> <p>TOMATO 20</p> <p>CUCUMBER 30</p> <p>APPLE TEA 20</p> <p>LUNCH CAL</p> <p>VEGETABLE SOUP 70</p> <p>CHICKPEAS W/BEEF 260</p> <p>RICE PILAF 150</p> <p>FRUIT 60/100</p> <p>STEWED SPINACH 70</p> <p>SEASONAL SALAD 30</p> <p>PICKLE 30</p> <p>YOGURT/CACIK 100/70</p>	<p>5.01.2023</p> <p>BREAKFAST CAL</p> <p>CREAM CHEESE 39</p> <p>OMELETTE 70</p> <p>TAHINI MOLASSES 64</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>MILK 90</p> <p>LUNCH CAL</p> <p>YOGURT SOUP 75</p> <p>BAKED VEGETABLE MOUSSAKA 270</p> <p>PASTA & TOMATO SAUCE 160</p> <p>FRUIT 60/100</p> <p>BULGUR PATTIES 150</p> <p>LETTUCE SALAD 30</p> <p>CABBAGE SALAD W/RAISINS 50</p> <p>YOGURT 100</p>	<p>6.01.2023</p> <p>BREAKFAST CAL</p> <p>FETA CHEESE 50</p> <p>CREPE 187</p> <p>JAM 60</p> <p>TOMATO 20</p> <p>CARROT 30</p> <p>LINDEN TEA 10</p> <p>LUNCH CAL</p> <p>EZOGLIN SOUP 95</p> <p>BEEF KEBAB 275</p> <p>VERMICELLI PILAF 215</p> <p>AYRAN/ICE CREAM 70/100</p> <p>STEWED MUSHROOMS 95</p> <p>ARUGULA SALAD 30</p> <p>RED CABBAGE SALAD 30</p> <p>YOGURT 100</p>
<p>9.01.2023</p> <p>BREAKFAST CAL</p> <p>MILD CREAM CHEESE 198</p> <p>BAKED POTATOES 120</p> <p>TAHINI MOLASSES 64</p> <p>TOMATO 20</p> <p>CUCUMBER 15</p> <p>MILK 90</p> <p>LUNCH CAL</p> <p>TOMATO SOUP W/CHEESE 95</p> <p>SWEET & SOUR CHICKEN 280</p> <p>PASTA W/VEGETABLES 95</p> <p>AYRAN 70</p> <p>LENTIL PATTIES 120</p> <p>LETTUCE SALAD 30</p> <p>CABBAGE SALAD W/RAISINS 50</p> <p>YOGURT 100</p>	<p>10.01.2023</p> <p>BREAKFAST CAL</p> <p>FETA CHEESE 50</p> <p>PANCAKE 200</p> <p>HONEY 64</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>APPLE TEA 20</p> <p>LUNCH CAL</p> <p>EZOGLIN SOUP 95</p> <p>SPINACH WITH BEEF 195</p> <p>PASTRY W/POTATOES 270</p> <p>COMPOTE 60</p> <p>PASTA SALAD 140</p> <p>SEASONAL SALAD 30</p> <p>RED CABBAGE SALAD 30</p> <p>YOGURT 100</p>	<p>11.01.2023</p> <p>BREAKFAST CAL</p> <p>CREAM CHEESE 39</p> <p>POTATO OMELETTE 160</p> <p>JAM 60</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>CHERRY COMPOTE 60</p> <p>LUNCH CAL</p> <p>CHICKEN SOUP 140</p> <p>İZMİR MEATBALLS 195</p> <p>BULGUR PILAF 150</p> <p>FRUIT 60/100</p> <p>CARROT W/YOGURT SAUCE 85</p> <p>ARUGULA SALAD 30</p> <p>CARROT SALAD 30</p> <p>YOGURT 100</p>	<p>12.01.2023</p> <p>BREAKFAST CAL</p> <p>CHEDDAR CHEESE 65</p> <p>CREPE 187</p> <p>HONEY 64</p> <p>TOMATO 20</p> <p>CARROT 30</p> <p>LINDEN TEA 10</p> <p>LUNCH CAL</p> <p>MINESTRONE SOUP 100</p> <p>WHITE BEANS W/BEEF 250</p> <p>RICE PILAF 160</p> <p>FRUIT 60/100</p> <p>STEWED VEGETABLE BOUQUET 60</p> <p>GREEN SALAD 30</p> <p>PICKLE 30</p> <p>YOGURT/CACIK 100/70</p>	<p>13.01.2023</p> <p>BREAKFAST CAL</p> <p>FETA CHEESE 50</p> <p>OMELETTE 70</p> <p>JAM 60</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>ROSEHIP TEA 20</p> <p>LUNCH CAL</p> <p>LENTIL SOUP 80</p> <p>BEEF DONER/BAKED POTATOES 450</p> <p>RICE PILAF W/VERMICELLI 180</p> <p>AYRAN/ICE CREAM 70/100</p> <p>COLESLAW SALAD 50</p> <p>MEDITERRANEAN SALAD 30</p> <p>CARROT SALAD 30</p> <p>YOGURT 100</p>
<p>16.01.2023</p> <p>BREAKFAST CAL</p> <p>CREAM CHEESE 39</p> <p>CREPE 187</p> <p>JAM 60</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>APPLE TEA 20</p> <p>LUNCH CAL</p> <p>PUMPKIN SOUP 90</p> <p>BAKED SEASONAL VEGETABLES 95</p> <p>SPAGHETTI W/BOLOGNAISE SAUCE 220</p> <p>FRUIT 60/100</p> <p>HUMMUS 160</p> <p>GREEN SALAD 30</p> <p>RED CABBAGE SALAD 30</p> <p>YOGURT 100</p>	<p>17.01.2023</p> <p>BREAKFAST CAL</p> <p>FETA CHEESE 50</p> <p>PANCAKE 200</p> <p>HONEY 64</p> <p>TOMATO 20</p> <p>CARROT 30</p> <p>MILK 90</p> <p>LUNCH CAL</p> <p>YAYLA SOUP 85</p> <p>GREEN LENTIL CASSEROLE 200</p> <p>PASTRY W/BEEF 350</p> <p>FRUIT 60/100</p> <p>STEWED LEEKS 80</p> <p>SEASONAL SALAD 30</p> <p>PICKLE 30</p> <p>YOGURT/CACIK 100/70</p>	<p>18.01.2023</p> <p>BREAKFAST CAL</p> <p>CHEDDAR CHEESE 65</p> <p>POTATO OMELETTE 160</p> <p>JAM 60</p> <p>TOMATO 20</p> <p>CUCUMBER 15</p> <p>ROSEHIP TEA 20</p> <p>LUNCH CAL</p> <p>LENTIL SOUP 80</p> <p>BAKED ROUND MEATBALLS W/VEGETABLES 195</p> <p>BULGUR PILAF W/TOMATO 150</p> <p>AYRAN 70</p> <p>STEWED VEGETABLES W/SAUCE 95</p> <p>MEDITERRANEAN SALAD 30</p> <p>CARROT SALAD 30</p> <p>YOGURT 100</p>	<p>19.01.2023</p> <p>BREAKFAST CAL</p> <p>MILD CREAM CHEESE 198</p> <p>OMELETTE 70</p> <p>TAHINI MOLASSES 64</p> <p>TOMATO 20</p> <p>CARROT 30</p> <p>CHERRY COMPOTE 60</p> <p>LUNCH CAL</p> <p>TOMATO SOUP W/CHEESE 95</p> <p>BEEF CASSEROLE W/CAULIFLOWER 270</p> <p>PASTA AND BASIL SAUCE 160</p> <p>FRUIT 60/100</p> <p>BULGUR PATTIES 95</p> <p>LETTUCE SALAD 30</p> <p>CABBAGE SALAD W/RAISINS 50</p> <p>YOGURT 100</p>	<p>20.01.2023</p> <p>BREAKFAST CAL</p> <p>FETA CHEESE 50</p> <p>BAKED POTATOES 120</p> <p>JAM 60</p> <p>CUCUMBER 15</p> <p>CARROT 30</p> <p>LINDEN TEA 10</p> <p>LUNCH CAL</p> <p>EZOGLIN SOUP 95</p> <p>ENKA BURGER / PICKLE / TOM./ BAKED 450</p> <p>AYRAN/ICE CREAM 70/100</p> <p>PASTA SALAD 140</p> <p>GREEN SALAD W/CITRUS 50</p> <p>CARROT SALAD 30</p> <p>YOGURT 100</p>
23.01.2023	24.01.2023	25.01.2023	26.01.2023	27.01.2023
SEMESTER HOLIDAY				
30.01.2023	31.01.2023			
SEMESTER HOLIDAY				