





## 2023-2024 MEF IS ISTANBUL **MARCH (VEGGIE) MENU**

01/03/2024	CAL
MORNING BREAKFAST	
CUCUMBER / PEPPER	32
OLIVE/CHEDDAR CHEESE	72/71
HONEY / BUTTER	66/74
BOILED EGG	78
MILK	120
LUNCH	
EZOGELIN SOUP	83
FRESH BEANS	124
NOODLE	138
BULGUR SALAD	180
SHEPHERDS SALAD	75
RED CABBAGE	40
YOGURT	76

AFTERNOON SNACK

08/03/2024

04/03/2024	CAL
MORNING BREAKFAST	
TOMATO PEPPER	32
WHITE CHEESE/OLIVES	62/72
JAM / BUTTER	58/74
BOILED EGG	78
MILK	120
LUNCH	
TOMATO SOUP	85
CHICKPEAS	133
RICE WITH NOODLE	139
FRUIT	55
CELERY WITH ORANGE	52
SEASONAL SALAD	25
PICKLE	15
YOGHURT WITH MINT	41
AFTERNOON SNACK	
COCOA CAKE	128
FRUIT	55
11/03/2024	
MORNING BREAKFAST	
TOMATO CUCUMBER	32
WHITE CHEESE/OLIVES	62/72
JAM / BUTTER	58/74
BOILED EGG	78
MILK	120
LUNCH	

05/03/2024	CAL
MORNING BREAKFAST	
CUCUMBER / PEPPER STRING CHEESE/OLIVES HONEY / BUTTER TURKISH BAGEL	32 81/72 66/74 136
HOMEMADE JUICE	52
LUNCH	
PUMPKIN SOUP VEGGIE STEW RICE WITH TOMATO SAUCE WHEAT SALAD PURSLANE YOGURT GREEN SALAD/GRATED CARROT BUTTERMILK FRUIT	134 143 174 80 89 18/40 32 55
AFTERNOON SNACK	
SALTED BREADSTICKS FRUIT	172 55
12/02/2024	

MORNING BREAKFAST	
CARROT/CUCUMBER	37
CHEDDAR CHEESE / OLIVE	71/72
JAM / BUTTER	58/74
BOILED EGG	78
MILK	120
LUNCH	
STRAINED LENTIL SOUP	76
SPINACH	76
PASTA WITH BOLOGNESE SAUCE	174
GRATED CARROT	40
SEASONAL SALAD	25
BLACKEYED PEAS SALAD	180
YOGHURT	76
CHOCOLATE PUDDING	122
AFTERNOON SNACK	
TRAY PASTRY WITH POTATO	110
FRUIT	55
13/03/2024	
MORNING BREAKFAST	
TOMATO/ PEPPER	32
CHEDDAR CHEESE/ OLIVE	71/72
JAM / BUTTER	58/74

06/03/2024 CAL

07/03/2024	
MORNING BREAKFAST	
TOMATO/ PEPPER	32
CHEESE ROLLS/OLIVES	75/72
HONEY / BUTTER	66/74
POTATO OMELETTE	147
LINDEN	74
LUNCH	
EZOGELIN SOUP	83
VEGGIE RAVIOLI	293
VEGETABLE ROTATUE	89
GRATED CARROT	40
LENTIL ROLLS	130
GREEN SALAD	18
YOGHURT	76
FRUIT	52
AFTERNOON SNACK	
MOLASSES COOKIES	182
LINDEN	74
14/03/2024	

MORNING BREAKFAST	
TOMATO/ CUCUMBER	32
OLIVE/WHITE CHEESE	72/62
TAHINI MOLASSES	66
SCRAMBLED EGGS	110
MILK	120
LUNCH	
BROCCOLI SOUP	104
VEGGIE SAUTE	124
FRIES	120
ROAST PEPPER	30
SPICY BAKED CAULIFLOWER	80
SEASONAL SALAD/RED CABBAGE	25/40
BUTTERMILK	32
FRUIT	55
AFTERNOON SNACK	
TURKISH BAGEL / CHEDDAR CHEESE	136/71
FRUIT	52
15/03/2024	
MORNING BREAKFAST	

FIGNEE	10
YOGHURT WITH MINT	41
AFTERNOON SNACK	
COCOA CAKE	128
FRUIT	55
11/03/2024	
MORNING BREAKFAST	
TOMATO CUCUMBER	32
WHITE CHEESE/OLIVES	62/72
JAM / BUTTER	58/74
BOILED EGG	78
MILK	120
LUNCH	
EZOGELIN SOUP	83
PEAS	81
BULGUR RICE	83
BULGUR SALAD	180
SHEPHERDS SALAD	75
OVEN EGGPLANT SALAD	78
YOGHURT WITH MINT	41
FRUIT	55
AFTERNOON SNACK	
MELTED CHEESE ON BREAD	126
FRUIT	55

SALTED BREADSTICKS	1/2
FRUIT	55
12/03/2024	
MORNING BREAKFAST	
CARROT/CUCUMBER	37
STRING CHEESE/OLIVE	81/72
HONEY / BUTTER	66/74
SPICY SCRAMBLED EGGS	177
LINDEN	74
LUNCH	
MINT YOGURT SOUP	75
OKRA	33
RICE WITH NOODLE	139
YOGURT	76
OLIVE OIL KIDNEY BEANS	93
SEASONAL SALAD/GRATED CARROT	25/40
BUTTERMILK	32
FRUIT	55
AFTERNOON SNACK	
MOSAIC CAKE	134
FRUIT	120

MORNING BREAKFAST

LUNCH

13/03/2024	
MORNING BREAKFAST	
TOMATO/ PEPPER	32
CHEDDAR CHEESE/ OLIVE	71/72
JAM / BUTTER	58/74
SCRAMBLED EGGS	110
MILK	120
LUNCH	
WEDDING SOUP	93
LEEK	73
PASTA WITH ALFREDO SAUCE	208
CHICKPEA SALAD	96
SEASONAL SALAD	25
POTATO SALAD	71
YOGURT	76
GERMAN PIE	293
AFTERNOON SNACK	
TURKISH BAGEL / CHEDDAR CHEESE	136/71
FRUIT	55

MORNING BREAKFAST	•
CUCUMBER / PEPPER	32
TWISTED CHEESE/OLIVES	75/72
TAHIN MOLASSES	66
CHEESE PASTRY	146
HOMEMADE JUICE	52
LUNCH	
STRAINED LENTIL SOUP	76
VEGGIE STUFFED PEPPERS	213
SPAGHETTI	174
BOILED VEGETABLES	76
SEASONAL SALAD	25
RED CABBAGE	40
YOGURT	76
FRUIT	55
AFTERNOON SNACK	
PI COOKIES	142
MILK	120

MORNING BREAKFAST

15/03/2024	
MORNING BREAKFAST	
CARROT/CUCUMBER	37
OLIVE/CHEDDAR CHEESE	72/71
HONEY/BUTTER	66/74
BOILED EGG	78
MILK	120
LUNCH	
VEGETABLE SOUP	114
VEGGIE BURGER / FRIES	215/250
SEASONAL SALAD	25
DICED TOMATO	7
COLESLAW	152
PICKLES	.7/15
BUTTERMILK	32
FRUIT	55
AFTERNOON SNACK	
PIZZA SLICES	143
CUCUMBER/ CARROT STICKS	45

18/03/2024	CAL
MORNING BREAKFAST	
TOMATO PEPPER	32
WHITE CHEESE/OLIVES	62/72
JAM / BUTTER	58/74
TURKISH BAGEL	136
MILK	120
LUNCH	
VEGETABLE SOUP	114
HARICOT BEAN	140
RICE WITH NOODLE	180
PICKLES	15
CARROT STICKS	40
CUCUMBER STICKS	15
RED CABBAGE	40
SEASONAL SALAD	25
YOGHURT WITH MINT	41
GRAPE COMPOTE	99
FRUIT	55
AFTERNOON SNACK	
COCOA MUFFIN	128
MILK	120
25/03/2024	CAL
MORNING BREAKFAST	

41	SEASONAL SALAD/RED CABBAGE	25/40
99	BUTTERMILK	32
55	BROWNIE	319
	AFTERNOON SNACK	
128	TURKISH BAGEL / CHEDDAR CHEESE	136/7
120	FRUIT	55
CAL	26/03/2024	CAL
	MORNING BREAKFAST	
32	CARROT/CUCUMBER	37
62/72	STRING CHEESE/OLIVE	81/72
58/74	HONEY / BUTTER	66/74
78	SCRAMBLED EGGS	106
120	LINDEN	74
	LUNCH	
76	MINT YOGURT SOUP	75
293	POTATO DISH	149
34	BULGUR RICE	83
78	GREEN LENTIL SALAD	58
40	RED CABBAGE	40
122	CUCUMBER STICKS	15
76	YOGHURT	76
178	CAULIFLOWER WITH YOGHURT	76
25	GREEN SALAD	18
40	GRATED CARROT	40
55	SEMOLINA CAKE	296
	AFTERNOON SNACK	
126	TURKISH BAGEL / CHEDDAR CHEESE	136/7
55	FRUIT	55

20/03/2024	CAL
MORNING BREAKFAST	
CARROT/CUCUMBER	37
CHEESE/OLIVES	81/72
JAM / BUTTER	58/74
POTATO PASTRY	110
MILK	120
LUNCH	
STRAINED LENTIL SOUP	76
CAULIFLOWER GRATIN	180
PASTA	180
WHEAT SALAD	80
RED CABBAGE	40
DICED TOMATO	7
CUCUMBER STICKS	15
SEASONAL SALAD	25
GRATED CARROT	40
YOGURT	76
FRUIT	55
AFTERNOON SNACK	
GRAPE COOKIES	153
LINDEN	74
27/03/2024	CAL
MORNING BREAKFAST	
TOMATO / PEPPER	32
CHEDDAR CHEESE / OLIVE	71/72
JAM / BUTTER	58/74

JAIVI / BUTTER	20/ /4	TAHIN WOLASSES	00
POTATO PASTRY	110	SPICY SCRAMBLED EGGS	177
MILK	120	LINDEN	74
LUNCH		LUNCH	
STRAINED LENTIL SOUP	76	EZOGELIN SOUP	83
CAULIFLOWER GRATIN	180	EGGPLANT DISH	124
PASTA	180	RICE WITH VERTURE	136
WHEAT SALAD	80	LENTIL ROLLS	130
RED CABBAGE	40	CARROT STICKS	40
DICED TOMATO	7	CUCUMBER STICKS	15
CUCUMBER STICKS	15	TUNA SALAD	95
SEASONAL SALAD	25	SEASONAL SALAD	25
GRATED CARROT	40	YOGHURT WITH MINT	41
YOGURT	76	RED CABBAGE	40
AFTERNOON SNACK	55	WHITE PUDDING AFTERNOON SNACK	128
GRAPE COOKIES	153	SESAME SALT BREADSTICKS	172
LINDEN	74	FRUIT	55
27/03/2024	CAL	28/03/2024	CA
ORNING BREAKFAST		MORNING BREAKFAST	
TOMATO / PEPPER	32	CARROT/CUCUMBER	37
CHEDDAR CHEESE / OLIVE	71/72	TWISTED CHEESE/OLIVES	75/7
JAM / BUTTER	58/74	JAM / BUTTER	58/7
POTATO OMELETTE	147	TRAY PASTRY WITH CHEESE	110
MILK	120	MILK	120
LUNCH		LUNCH	
DMATO SOUP WITH CROTONS	85	WEDDING SOUP	93
VEGETABLE PATTIES	130	GREEN LENTILS	224
NOODLE WITH VEGETABLES	317	CHEESE PASTRY	259
SQUASH DIP	60	OVEN VEGETABLE PATTIES	72
CARROT STICKS	40	RED CABBAGE	40
GREEN SALAD	18	GRATED CARROT	40
WHEAT SALAD	80	POTATO CROQUETTES	220
OLIVE OIL CELERY	83	ROASTED PEPPER SALAD	30
RED CABBAGE	40	SEASONAL SALAD	18
BUTTERMILK	32	YOGHURT	76
FRUIT	55	PROFITEROL	214
AFTERNOON SNACK		AFTERNOON SNACK	
COCOA COOKIES	138	HOMEMADE PASTRY	183
MILK	120	LINDEN	74

22/03/2024	CAL
MORNING BREAKFAST	
TOMATO /CUCUMBER	32
CHEESE ROLLS/OLIVES	72/75
HONEY/BUTTER	66/74
BOILED EGG	78
MILK	120
LUNCH	
TARHANA SOUP	91
VEGGIE BURGER/FRIES BAKED VEGETABLES	215/250
RED CABBAGE	43 40
KUSKUS SALAD	117
DICED TOMATO	7
CUCUMBER STICKS	15
SEASONAL SALAD	25
CARROT DIP	85
BUTTERMILK	32
FRUIT	55
AFTERNOON SNACK	
EASTER BUNS	201
MILK	120
29/03/2024	CAI
29/03/2024	CAL
MORNING BREAKFAST	
MORNING BREAKFAST  CARROT/CUCUMBER	37
MORNING BREAKFAST  CARROT/CUCUMBER  CHEDDAR CHEESE / OLIVE	37 71/72
MORNING BREAKFAST  CARROT/CUCUMBER  CHEDDAR CHEESE / OLIVE  JAM / BUTTER	37 71/72 58/74
MORNING BREAKFAST  CARROT/CUCUMBER  CHEDDAR CHEESE / OLIVE  JAM / BUTTER  HERBED OMELET	37 71/72 58/74 106
MORNING BREAKFAST  CARROT/CUCUMBER  CHEDDAR CHEESE / OLIVE  JAM / BUTTER  HERBED OMELET  LINDEN	37 71/72 58/74
MORNING BREAKFAST  CARROT/CUCUMBER  CHEDDAR CHEESE / OLIVE  JAM / BUTTER  HERBED OMELET  LINDEN  LUNCH	37 71/72 58/74 106 74
MORNING BREAKFAST  CARROT/CUCUMBER  CHEDOAR CHEESE / OLIVE  JAM / BUTTER  HERBED OMELET  LINDEN  LUNCH  LENTIL SOUP	37 71/72 58/74 106 74
MORNING BREAKFAST  CARROT/CUCUMBER  CHEDDAR CHEESE / OLIVE  JAM / BUTTER  HERBED OMELET  LINDEN  LUNCH	37 71/72 58/74 106 74
MORNING BREAKFAST  CARROT/CUCUMBER  CHEDDAR CHESS / OLIVE  JAM / BUTTER  HERBED OMELET  LINDEN  LUNCH  LENTIL SOUP  MUSHROOM SAUTE	37 71/72 58/74 106 74 83 173
MORNING BREAKFAST  CARROT/CUCUMBER CHEDOAR CHEESE / OLIVE JAM / BUTTER HERBED OMELET LINDEN LUNCH LENTIL SOUP MUSHROOM SAUTE OLIVE OIL FRESH BEANS	37 71/72 58/74 106 74 83 173 130
MORNING BREAKFAST  CARROT/CUCUMBER  CHEDDAR CHESE / OLIVE  JAM / BUTTER  HERBED OMELET  LINDEN  LUNCH  LENTIL SOUP  MUSHROOM SAUTE  OLIVE OLI FRESH BEANS  GRATED CARROT	37 71/72 58/74 106 74 83 173 130 40
MORNING BREAKFAST  CARROT/CUCUMBER CHEDDAR CHEESE / OLIVE JAM / BUTTER HERBED DMELET LINDEN LUNCH LENTIL SOUP MUSHROOM SAUTE OLIVE OIL FRESH BEANS GRATED CARROT RED CARROT RED CARROT	37 71/72 58/74 106 74 83 173 130 40
MORNING BREAKFAST  CARROT/CUCUMBER CHEDDAR CHEESE / OLIVE JAM / BUTTER HERBED OMELET LINDEN  LUNCH LENTIL SOUP MUSHROOM SAUTE OLIVE OIL FRESH BEANS GRATED CARROT RED CABRAGE ROAST PEPPER SALAD	37 71/72 58/74 106 74 83 173 130 40 40 30
MORNING BREAKFAST  CARROT/CUCUMBER  CHEDAR CHESE / OLIVE  JAM / BUTTER  HERBED DMELET  LINDEN  LUNCH  LENTIL SOUP  MUSHROOM SAUTE  OLIVE OIL FRESH BEANS  GRATED CARROT  RED CABBAGE  ROAST PEPPER SALAD  CUCUMBER STICKS	37 71/72 58/74 106 74 83 173 130 40 40 30
MORNING BREAKFAST  CARROT/CUCUMBER  CHEDDAR CHEESE / OLIVE  JAM / BUTTER  HERBED DMELET  LINDEN  LUNCH  LENTIL SOUP  MUSHROOM SAUTE  OLIVE OIL FRESH BEANS  GRATED CABRAGE  ROAST PEPPER SALAD  CUCUMBER STICKS  LENTIL ROLLS	37 71/72 58/74 106 74 83 173 130 40 40 30 15
MORNING BREAKFAST  CARROT/CUCUMBER CHEDDAR CHESE / OLIVE JAM / BUTTER HERBED OMELET LINDEN  LUNCH LENTIL SOUP MUSHROOM SAUTE OLIVE OIL FRESH BEANS GRATED CARROT RED CABBAGE ROAST PEPPER SALAD CUCUMBER STICKS LENTIL ROLLS SEASONAL SALAD	37 71/72 58/74 106 74 83 173 130 40 30 15 130 18
MORNING BREAKFAST  CARROT/CUCUMBER CHEDDAR CHESSE / OLIVE JAM / BUTTER HERBED DMELET LINDEN  LUNCH LENTIL SOUP MUSHROOM SAUTE OLIVE OIL FRESH BEANS GRATED CARROT RED CABRAGE ROAST PEPPER SALAD CUCUMBER STICKS LENTIL ROLLS SEASONAL SALAD BUTTERMILK	37 71/72 58/74 106 74 83 173 130 40 40 40 15 130 18
MORNING BREAKFAST  CARROT/CUCUMBER CHEDDAR CHEESE / OLIVE JAM / BUTTER HERBED DMELET LINDEN LUNCH LENTIL SOUP MUSHROOM SAUTE OLIVE OIL FRESH BEANS GRATED CARROT RED CABBAGE ROAST PEPPER SALAD CUCUMBER STICKS LENTIL ROLLS SEASONAL SALAD BUTTERMILK FRUIT	37 71/72 58/74 106 74 83 173 130 40 40 40 15 130 18



MEF INTERNATIONAL **CAFETERIA SERVICES CHIEF** 

MEF INTERNATIONAL **CAMPUS FACILITIES MANAGER**  MEF INTERNATIONAL GENERAL MANAGER



MEF INTERNATIONAL

MÜGE CANCA BAYRAM

AFTERNOON SNACK MELTED CHEESE ON BREAD FRUIT

LUNCH

SAMET ÖZDEMİR

HIZIR HACIHALİLOĞLU

ERDOĞAN BOZDEMİR

AS SEASONAL FRUITS, APPLE, PEAR, ORANGE, TANGERINE, TAKING INTO CONSIDERATION THE BEGINNINGS OF THE SEASON WILL BE SERVED. ALL SAUCE AND SPICES SERVED IN OUR SCHOOL ARE SERVED IN DISPOSABLE PACKAGES. MEALS ARE MADE IN MEF SCHOOLS' KITCHEN IN ACCORDANCE WITH HYGIENE RULES.





