

2024-2025 MEF IS ISTANBUL APRIL (VEGGIE) MENU

07/04/2025 MONDAY	CAL	08/04/2025 TUESDAY	CAL	09/04/2025 WEDNESDAY	CAL	10/04/2025 THURSDAY	CAL	11/04/2025 FRIDAY	CAL
MORNING SNACK		MORNING SNACK		MORNING SNACK		MORNING SNACK		MORNING SNACK	
TOMATO/PEPPER	32	TOMATO / CUCUMBER	32	CARROT/CUCUMBER	37	SANDWICH MENU		DRIED FRUIT	37
WHITE CHEESE	62	STRING CHEESE	66	WHITE CHEESE	62	FRESH CUCUMBER / PEPPER		YELLOW CHEESE	71
GREEN/BLACK OLIVES	72	GREEN/BLACK OLIVES	72	GREEN/BLACK OLIVES	72	STRING CHEESE/YELLOW CHEESE	82/71	GREEN/BLACK OLIVES	72
JAM/BUTTER	58/74	HONEY	66	JAM/BUTTER	58/74	GREEN/BLACK OLIVES	72	HONEY	66
SIMIT	136	BUTTER	74	SIMIT	136	BOILED EGGS	78	BUTTER	74
BOILED EGGS	78	SCRAMBLED EGGS	110	BOILED EGGS	78	MILK / SLICED APPLES	120/52	BREAKFAST BREAD TOPPING	105
MILK	120	LINDEN TEA / SLICED ORANGES	74/52	MILK	120			MILK	120
DRIED FRUIT	37			FRUIT	52				
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
BROCCOLI SOUP	67	TARHANA SOUP	85	EZOGE LIN SOUP	83	STRAINED LENTIL SOUP	76	TOMATO SOUP WITH GRATED CHEESE	85
VEGETABLE BURGER	235	WHITE BEANS	85	OKRA	199	CALIFLOWER	333	GREEN LENTIL	301
FRIED POTATOS	250	VERMICELLI RICE PILAF	180	MAKARNA (WITH TOMATO SAUCE)	168	BULGUR PILAF	83	VERMICELLI RICE PILAF	180
ICE CREAM	52	FRUIT	52	CREAM CHOCOLATE	194	FRUIT	52	FRUIT	52
SALAD BAR		SALAD BAR		SALAD BAR		SALAD BAR		SALAD BAR	
GREEN SALAD	25	CUCUMBER STICKS	12	GREEN SALAD	25	SEASONAL SALAD	35	GREEN SALAD	25
CARROT TARATOR	74	GRATED CARROT	40	SHEPHERD'S SALAD	52	WHITE CHEESE	62	GRATED CARROT	40
RED GABBAGE	41	RED GABBAGE	41	RED CABBAGE	41	GANITURES	32	POTATO SALAD	143
BULGUR SALAD	170	CELERY SALAD WITH APPLES	105	DRIED BEANS SALAD/PIYAZ	90	WHITE GABBAGE SALAD	78	ROASTED EGGPLANT SALAD	73
GREEN BEEN IN OLIVE OIL	54	TUNA SALAD	68	ROASTED PEPPER SALAD	73	MACARONI SALAD IN YOGURT	151	COLESLAW	152
PICKLED GHERKINS / TOMATO	35/7	PICKLE	15	SPINACH BORANI	32	PICKLE	15	ZUCCHINI IN OLIVE OIL	35
BUTTER MILK	32	TZAKZIKI	41	BUTTER MILK	32	YOGURT	76	YOGURT	76
AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK	
CHEESE-FILLED PASTRY/BÖREK	108	FRUIT	52	SALTY STICKS	214	FRUIT	52	BISCUIT CAKE	331
FRUIT	52	MILK	120	FRUIT	52	MILK	120	FRUIT	52

FOOD ENGINEER
MÜGE CANCA BAYRAM

CHIEF OF CAFETERIA SERVICES
SAMET ÖZDEMİR

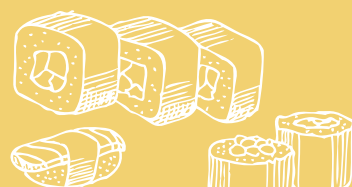
CAMPUS FACILITIES MANAGER
HIZIR HACIHALILOĞLU

GENERAL MANAGER
FIKRET MULHAN

Seasonal Fruits: Apples, pears, oranges, tangerines, and other seasonal fruits will be provided, considering the current season's offerings.

Hygiene Standards: All meals are prepared in the MEF Schools kitchen in accordance with hygiene regulations.

Serving Styles: The pasta in our menus is served plainly, and the sauces are given separately.



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14/04/2025 MONDAY	CAL	15/04/2025 TUESDAY	CAL	16/04/2025 WEDNESDAY	CAL	17/04/2025 THURSDAY	CAL	18/04/2025 FRIDAY	CAL
MORNING SNACK		MORNING SNACK		MORNING SNACK		MORNING SNACK		MORNING SNACK	
CARROT	25	SANDWICH MENU		TOMATO / PEPPER	32	TOMATO/CUCUMBER	32	TOMATO / PEPPER	32
CUCUMBER	12			TWISTED CHEESE	75	WHITE CHEESE	62	YELLOW CHEESE	71
STRING CHEESE	82	FRESH CUCUMBER / PEPPER	32	GREEN/BLACK OLIVES	72	GREEN/BLACK OLIVES	72	GREEN/BLACK OLIVES	72
GREEN/BLACK OLIVES	72	STRING CHEESE / WHITE CHEESE	66/62	JAM	58	HONEY	66	JAM / BUTTER	58/74
JAM / BUTTER	58/74	GREEN/BLACK OLIVES	72	BUTTER	74	BUTTER	74	SIMIT	136
BOILED EGGS	78	SCRAMBLED EGGS	109	POTATO-FILLED PASTRY/BÖREK	110	MENEMEN (Srambled Eggs with Vegetables)	110	BOILED EGGS	78
MILK	120	MILK	120	MILK	120	LINDEN TEA	74	MILK	120
								FRUIT	52
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
STRAINED LENTIL SOUP	76	TOMATO SOUP	70	EZOĞELIN SOUP	83	ORZO SOUP	82		
GREEN BEANS	293	MUSHROOM SAUTE WITH PUREE	324	STUFFED PEPPERS	122	FALAFEL	110		
VEGETABLE SAUTE	43	VEGETABLE ORZO PILAF	179	PASTA WITH CHEESE	172	RICE PILAF WITH CHEAKPEAS	169		
FRUIT	52	FRUIT	52	FRUIT	52	FRUIT	52		
SALAD BAR		SALAD BAR		SALAD BAR		SALAD BAR		INTERNATIONAL CUISINE DAY: SPAIN	
MEDITERRANEAN GREENS	42	GREEN SALAD	25	SEASONAL SALAD	35	GREEN SALAD	25		
CARROT STICKS	25	GRATED CARROT	40	SHEPHERDI'S SALAD	52	SHEPHER'S SALAD	52		
SHEPHERD'S SALAD	52	RED GABBAGE	41	SLICED OLIVES	72	ARTICHOKE IN OLIVE OIL	147		
TUNA SALAD	68	BROCCOLI IN OLIVE OIL	52	KIDNEY BEANS IN OLIVE OIL	257	PEPPER BORANI	120		
STAR-SHAPED VERMICELLI PILAF	140	OLIVE SALAD	65	LENTIL ROLLS	130	YOGURT	76		
BULGUR SALAD WITH POMEGRANATES	182	GREEN LENTIL SALAD	74	ROASTED EGGPLANT SALAD	73	PICKLE	15		
TZAKZIKI	41	YOGURT	76	YOGURT	76	BUTTER MILK	32		
AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK	
SIMIT / YELLOW CHEESE	136/71	FRUIT	52	SAÇAKLI/MINI PASTRY SANDWICH WITH STRING CHEESE	243	MILK SLICES	118	POPPY SEED STICKS	214
FRUIT	52	MILK	120	FRUIT	52	FRUIT	52	FRUIT	52

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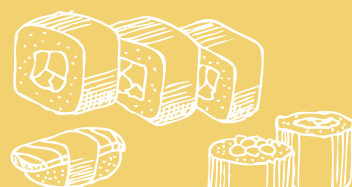
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28/04/2025 MONDAY	CAL	29/04/2025 TUESDAY	CAL	30/04/2025 WEDNESDAY	CAL
MORNING SNACK		MORNING SNACK		MORNING SNACK	
TOMATO / PEPPER	32	CARROT/CUCUMBER	37	SANDWICH MENU	
WHITE CHEESE	62	YELLOW CHEESE	71	CUCUMBER / PEPPER	32
GREEN/BLACK OLIVES	72	GREEN/BLACK OLIVES	72	STRING CHEESE / WHITE CHEESE	66/62
JAM / BUTTER	58/74	HONEY / BUTTER	66/74	GREEN/BLACK OLIVES	72
SIMIT	136	PANCAKE	182	SCRAMBLED EGGS	109
BOILED EGGS	78	SCRAMBLED EGGS WITH POTATO	110	MILK	120
MILK	120	LINDEN TEA / SLICED APPLES	74/52		
LUNCH		LUNCH		LUNCH	
STRAINED LENTIL SOUP	76	TARHANA SOUP	85	BROKOLI SOUP	67
SPINACH	76	GREEN PEAS	403	BULGUR ROLLS WITH PUREE	405
PASTRY WITH MINCED MEAT/BÖREK	242	VERMICELLI RICE PILAF	180	BAKED-ROASTED VEGETABLE	48
FRUIT	52	TRES LECHES CAKE	163	FRUIT	52
SALAD BAR		SALAD BAR		SALAD BAR	
MEDITERRANEAN GREENS	42	GREEN SALAD	25	SEASONAL SALAD	35
CARROT STICKS	25	GRATED CARROT	40	SHEPHERD'S SALAD	52
TUNA SALAD	101	RED GABBAGE	41	SLICED OLIVES	72
ROASTED EGGPLANT SALAD	73	ROASTED PEPPER SALAD	73	ARTICHOKE IN OLIVE OIL	147
BULGUR SALAD WITH POMEGRANATES	182	CELERY SALAD WITH QUINCE	120	ZUCCINI TARATOR	60
MACARONI SALAD	122	BUCKWHEAT SALAD	108	YOGURT	76
YOGURT	76	BUTTER MILK	35	HOMEMADE FRUIT JUICE	52
AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK	
APPLE-FILLED PUFF PASTRY	302	HOMEMADE PASTRY/POĞOÇA	183	FRUIT	52
FRUIT	52	FRUIT	52	MILK	120

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