

# 2023-2024

## MEF IS ISTANBUL

### MARCH (VEGGIE) MENU

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

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

18/03/2024	CAL
<b>MORNING BREAKFAST</b>	
TOMATO PEPPER	32
WHITE CHEESE/OLIVES	62/72
JAM / BUTTER	58/74
TURKISH BAGEL	136
MILK	120
<b>LUNCH</b>	
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
<b>AFTERNOON SNACK</b>	
COCOA MUFFIN	128
MILK	120

25/03/2024	CAL
<b>MORNING BREAKFAST</b>	
TOMATO CUCUMBER	32
WHITE CHEESE/OLIVES	62/72
JAM / BUTTER	58/74
BOILED EGG	78
MILK	120
<b>LUNCH</b>	
STRAINED LENTIL SOUP	76
VEGGIE RAVIOLI	293
BAKED VEGETABLES	34
OVEN EGGPLANT SALAD	78
GRATED CARROT	40
CHICKPEA SALAD	122
YOGHURT	76
BULGUR SALAD	178
SEASONAL SALAD	25
RED CABBAGE	40
FRUIT	55
<b>AFTERNOON SNACK</b>	
MELTED CHEESE ON BREAD	126
FRUIT	55

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

12/03/2024	CAL
<b>MORNING BREAKFAST</b>	
CARROT/CUCUMBER	37
STRING CHEESE/OLIVE	81/72
HONEY / BUTTER	66/74
SPICY SCRAMBLED EGGS	177
LINDEN	74
<b>LUNCH</b>	
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
<b>AFTERNOON SNACK</b>	
MOSAIC CAKE	134
FRUIT	120

19/03/2024	CAL
<b>MORNING BREAKFAST</b>	
CUCUMBER / PEPPER	32
CHEDDAR CHEESE/OLIVE	81/72
HONEY / BUTTER	66/74
CHEESE OMELETTE	204
HOMEMADE JUICE	52
<b>LUNCH</b>	
SPRING SOUP	75
SQUASH STEW	155
NOODLE	138
BEAN SALAD	90
GRATED CARROT	40
CUCUMBER STICKS	15
RED CABBAGE	40
POTATO SALAD	71
SEASONAL SALAD/RED CABBAGE	25/40
BUTTERMILK	32
BROWNIE	319
<b>AFTERNOON SNACK</b>	
TURKISH BAGEL / CHEDDAR CHEESE	136/71
FRUIT	55

26/03/2024	CAL
<b>MORNING BREAKFAST</b>	
CARROT/CUCUMBER	37
STRING CHEESE/OLIVE	81/72
HONEY / BUTTER	66/74
SCRAMBLED EGGS	106
LINDEN	74
<b>LUNCH</b>	
MINT YOGURT SOUP	75
POTATO DISH	149
BULGUR RICE	83
GREEN LENTIL SALAD	58
RED CABBAGE	40
CUCUMBER STICKS	15
YOGHURT	76
CAULIFLOWER WITH YOGHURT	76
GREEN SALAD	18
GRATED CARROT	40
SEMOLINA CAKE	296
<b>AFTERNOON SNACK</b>	
TURKISH BAGEL / CHEDDAR CHEESE	136/71
FRUIT	55

06/03/2024	CAL
<b>MORNING BREAKFAST</b>	
CARROT/CUCUMBER	37
CHEDDAR CHEESE / OLIVE	71/72
JAM / BUTTER	58/74
BOILED EGG	78
MILK	120
<b>LUNCH</b>	
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
<b>AFTERNOON SNACK</b>	
TRAY PASTRY WITH POTATO	110
FRUIT	55

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

20/03/2024	CAL
<b>MORNING BREAKFAST</b>	
CARROT/CUCUMBER	37
CHEESE/OLIVES	81/72
JAM / BUTTER	58/74
POTATO PASTRY	110
MILK	120
<b>LUNCH</b>	
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
<b>AFTERNOON SNACK</b>	
GRAPE COOKIES	153
LINDEN	74

27/03/2024	CAL
<b>MORNING BREAKFAST</b>	
TOMATO / PEPPER	32
CHEDDAR CHEESE / OLIVE	71/72
JAM / BUTTER	58/74
POTATO OMELETTE	147
MILK	120
<b>LUNCH</b>	
TOMATO SOUP WITH CROTONS	85
VEGETABLE PATTIES	130
NOODLE WITH VEGETABLES	317
SQUASH DIP	60
CARROT STICKS	40
GREEN SALAD	18
WHEAT SALAD	80
OLIVE OIL CELERY	83
RED CABBAGE	40
BUTTERMILK	32
FRUIT	55
<b>AFTERNOON SNACK</b>	
COCOA COOKIES	138
MILK	120

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

14/03/2024	CAL
<b>MORNING BREAKFAST</b>	
CUCUMBER / PEPPER	32
TWISTED CHEESE/OLIVES	75/72
TAHINI MOLASSES	66
CHEESE PASTRY	146
HOMEMADE JUICE	52
<b>LUNCH</b>	
STRAINED LENTIL SOUP	76
VEGGIE STUFFED PEPPERS	213
SPAGHETTI	174
BOILED VEGETABLES	76
SEASONAL SALAD	25
RED CABBAGE	40
YOGHURT	76
FRUIT	55
<b>AFTERNOON SNACK</b>	
PI COOKIES	142
MILK	120

21/03/2024	CAL
<b>MORNING BREAKFAST</b>	
TOMATO PEPPER	32
WHITE CHEESE/OLIVES	62/72
TAHINI MOLASSES	66
SPICY SCRAMBLED EGGS	177
LINDEN	74
<b>LUNCH</b>	
EZOGEJIN SOUP	83
EGGPLANT DUSH	124
RICE WITH VERTURE	136
LENTIL ROLLS	130
CARROT STICKS	40
CUCUMBER STICKS	15
TUNA SALAD	95
SEASONAL SALAD	25
YOGHURT WITH MINT	41
RED CABBAGE	40
WHITE PUDDING	128
<b>AFTERNOON SNACK</b>	
SESAME SALT BREADSTICKS	172
FRUIT	55

28/03/2024	CAL
<b>MORNING BREAKFAST</b>	
CARROT/CUCUMBER	37
TWISTED CHEESE/OLIVES	75/72
JAM / BUTTER	58/74
TRAY PASTRY WITH CHEESE	110
MILK	120
<b>LUNCH</b>	
WEDDING SOUP	93
GREEN LENTILS	224
CHEESE PASTRY	259
OVEN VEGETABLE PATTIES	72
RED CABBAGE	40
GRATED CARROT	40
POTATO CROQUETTES	220
ROASTED PEPPER SALAD	30
SEASONAL SALAD	18
YOGHURT	76
PROFITEROL	214
<b>AFTERNOON SNACK</b>	
HOMEMADE PASTRY	183
LINDEN	74

01/03/2024	CAL
<b>MORNING BREAKFAST</b>	
CUCUMBER / PEPPER	32
OLIVE/CHEDDAR CHEESE	72/71
HONEY / BUTTER	66/74
BOILED EGG	78
MILK	120
<b>LUNCH</b>	
EZOGEJIN SOUP	83
FRESH BEANS	124
NOODLE	138
BULGUR SALAD	180
SHEPHERDS SALAD	75
RED CABBAGE	40
YOGURT	76
FRUIT	55
<b>AFTERNOON SNACK</b>	
TURKISH BAGEL/CHEDDAR CHEESE	136/71
BUTTERMILK	32

08/03/2024	CAL
<b>MORNING BREAKFAST</b>	
TOMATO/ CUCUMBER	32
OLIVE/WHITE CHEESE	72/62
TAHINI MOLASSES	66
SCRAMBLED EGGS	110
MILK	120
<b>LUNCH</b>	
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
<b>AFTERNOON SNACK</b>	
TURKISH BAGEL / CHEDDAR CHEESE	136/71
FRUIT	52

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

22/03/2024	CAL
<b>MORNING BREAKFAST</b>	
TOMATO /CUCUMBER	32
CHEESE ROLLS/OLIVES	72/75
HONEY/BUTTER	66/74
BOILED EGG	78
MILK	120
<b>LUNCH</b>	
TARHANA SOUP	91
VEGGIE BURGER/FRIES	215/250
BAKED VEGETABLES	43
RED CABBAGE	40
KUSKUS SALAD	117
DICED TOMATO	7
CUCUMBER STICKS	15
SEASONAL SALAD	25
CARROT DIP	85
BUTTERMILK	32
FRUIT	55
<b>AFTERNOON SNACK</b>	
EASTER BUNS	201
MILK	120

29/03/2024	CAL
<b>MORNING BREAKFAST</b>	
CARROT/CUCUMBER	37
CHEDDAR CHEESE / OLIVE	71/72
JAM / BUTTER	58/74
HERBED OMELET	106
LINDEN	74
<b>LUNCH</b>	
LENTIL SOUP	83
MUSHROOM SAUTE	173
OLIVE OIL FRESH BEANS	130
GRATED CARROT	40
RED CABBAGE	40
ROAST PEPPER SALAD	30
CUCUMBER STICKS	15
LENTIL ROLLS	130
SEASONAL SALAD	18
BUTTERMILK	32
FRUIT	55
<b>AFTERNOON SNACK</b>	
LEMON CAKE	131
CUCUMBER/ CARROT STICKS	45

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