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| Im 09.11.2020  Pazartesi | **SÜTLÜ YUMURTA** BEYAZ PEYNİR, ZEYTİN, DOMATES, SALATALIK, BAL, SÜT (**SCRAMBLED EGGS CHEESE OLIVES TOMATOES CUCUMBER HONEY MİLK)** | 536 kcal | MENGEN ÇORBASI, MANTAR S. KÖFTE, MAKARNA, **SALATA**  **(MENGEN SOUP MEATBALLS WİTH MUSHROOMSSAUCE PASTA SALAD** | 585 kcal | ETİMEK TATLISI  **DESERT** |
| 10.11.2020  Salı | PATATESLİ OMLET, BEYAZ PEYNİR, ZEYTİN, DOMATES, HAVUÇ, **PEKMEZ/TAHİN**, MEYVE ÇAYI / SÜT **(POTATO OMELETTE BEYAZ PEYNİR, ZEYTİN, DOMATES CARROT MOLASSES WITH TAHINI FRUIT TEA/ MILK)** | 460 kcal | ŞEHRİYE ÇORBASI, MEVSİM SEBZELERİ İLE TÜRLÜ, **GEZEN TAVUKLU BULGUR** PİLAVI, **SALATA (VERMİCELLI SOUP SEASONAL MIXED VEGETABLES CHICKEN WITH WHEATRICE SALAD)** | 645 kcal | SÜT, MAHLEPLİ KURABİYE **(MILK MAHLEPLI COOKIES** |
| 11.11.2020  Çarşamba | | **HAŞLANMIŞ YUMURTA** BEYAZ PEYNİR, YEŞİL ZEYTİN, DOMATES, SALATALIK, BAL, IHLAMUR**/SÜT (BOILED EGG WHITE CHEESE GREEN OLIVES TOMATO CUCUMBER HONEY LINDEN TEA/MILK)** | 500 kcal | MERCİMEK ÇORBASI, DEREOTLU **KIYMALI** KABAK YEMEĞİ, NOHUTLU PİRİNÇ PİLAVI **SALATA (LENTIL SOUP ZUCHINI WİTH MINCE AND DILL RİCE WİTH CHİCKPEAS SALAD)** | 478 kcal | ELMALI TART, MEYVE ÇAYI **(APPLE PIE FRUIT TEA** |
| 12.11.2020  Perşembe | HAŞLANMIŞ YUMURTA, YEŞİL ZEYTİN, KAŞAR PEYNİRİ, HAVUÇ, BAL, SÜT **(BOILED EGG GRREN OLIVES CHEDDAR CHEESE CARROT HONEY MILK)** | 465 kcal | KIRMIZI MERCİMEK ÇORBA, SPAGETTİ BOLONEZ, **SALATA (RED LENTIL SOUP, SPAGHETTI BOLOGONESE, SALAD)** | 589 kcal | MEYVE SALATASI  (**FRUIT SALAD)** |
| 13.11.2020  Cuma | MANTARLI OMLET, ZEYTİN, TAHİN-PEKMEZ, MEYVE ÇAYI**/**SÜT,  **(MUSHROOM OMELETTE OLIVES MOLASSES WİTH TAHINI FRUIT TEA/MILK)** | 289 kcal | TARHANA ÇORBASI, KADINBUDU KÖFTE, FIRINDA PATATES, AKDENİZ SALATA (TARHANA SOUP, MEATBALLS, BAKED POTATOES **(TARHANA SOUP, MEATBALLS, BAKED POTATOES, MEDITERRANEAN SALAD)** | 682 kcal | PİŞİ, AYRAN  (**FRIED PASTRY AYRAN)** |
| 16.11.2020  Pazartesi | PANCAKE, BEYAZ PEYNİR, ZEYTİN, BAL, TAHİN-PEKMEZ, SÜT**,** ROKA, DOMATES (**PANCAKE WHİTE CHEESE OLIVES HONEY MOLASSES WITH MILK ROCKET SALAD TOMATO)** | 317 kcal | BROKOLİ ÇORBASI, KURU FASULYE, **GEZEN TAVUKLA** BULGUR PİLAVI, SALATA **(BROCCOLI SOUP, (BROCCOLI SOUP, HARICOT BEANS DISH, ORGANIC CHICKEN WHEAT RICE, SALAD)** | 495 kcal | SÜTLAÇ**(MILKY RİCE PUDDIND)** |
| 17.11.2020  Salı | SÜTLÜ YUMURTA ZEYTİN, **HAVUÇ**, TAHİN-PEKMEZ, MEYVE ÇAYI /**SÜ**T **(MILKY OMELETTE BLACK OLIVES CARROT MOLASSES WITH TAHINI FRUIT TEA/MILK)** | 387 kcal | ŞEHRİYELİ GEZEN TAVUK ÇORBA, PIRASA YEMEĞİ, FIRIN MAKARNA, YOĞURT **(ORGANIC CHICKEN VERMICELLI SOUP, LEEK DISH, BAKED PASTA, YOGHURT)** | 752 kcal | ISLAK KEK, **LİMONATA (WET CAKE LEMONADE)** |
| 18.11.2020  Çarşamba | KAŞARLI OMLET, BEYAZ PEYNİR, SİYAH ZEYTİN, **HAVUÇ, BAL**, SÜT **(CHEDDAR CHEESE OMELETTE WHİTE CHEESE BLACK OLIVES CARROT HONEY MILK** | 635 kcal | SEBZE ÇORBA, EV YAPIMI BURGER, AYRAN **(VEGETABLE SOUP HOMEMADE BURGER AYRAN)** | 637 kcal | MEYVE SALATASI (**FRUIT SALAD)** |
| 13.11.2020  Perşembe | **Sahanda Yumurta,** SİMİT, BEYAZ PEYNİR, ZEYTİN, DOMATES, SALATALIK, TAHİN,-PEKMEZ, SÜT **( FRIED EGGS SIMIT WHITE CHEESE, OLIVES TOMATOES, CUCUMBER MOLASSES WITH TAHINI, MILK)** | 458 kcal | KIYMALI TARHANA ÇORBA, NOHUT YEMEĞİ, PİRİNÇ PİLAVI, CACIK (**TARHANA SOUP WITH MINCE, CHICKPEAS DISH, RICE AYRAN WITH GRATED CUCUMBER)** | 696 kcal | HAVUÇLU TARÇINLI KEK, IHLAMUR  **(CARROT CAKE WİTH CINNAMON LINDEN TEA)** |
| 20.11.2020  Cuma | HAŞLANMIŞ YUMURTA, ZEYTİN, DİL PEYNİRİ, SALATALIK, BAL  **(BOILED EGG OLIVES CHEESE CUCUMBER HONEY MILK)** | 211 kcal | BROKOLİ ÇORBA, IZGARA KÖFTE, ELMA DİLİM PATATES, SALATA **(BROCCOLI SOUP,GRILLED MEATBALLS POTATO WEDGES SALAD)** | 568 kcal | MEYVELİ YOĞURT  (**FRUITY YOGHURT)** |
| 23.11.2020  Pazartesi | **SÜTLÜ YUMURTA,** ZEYTİN, DOMATES, SALATALIK, TAHİN-PEKMEZ, IHLAMUR **(MILKY OMELETTE OLIVES TOMATOES CUCUMBER MOLASSES WITH TAHINI LINDEN TEA)** | 526 kcal | EZOGELİN ÇORBA, **Etli** PAZI **YEMEĞİ,** YOĞURT, **SALATA**  **(EZOGELIN SOUP, SPINACH WİTH MEAT YOGHURT SALAD)** | 459 kcal | LOR PEYNİRLİ POĞAÇA, SÜT  **(LOR CHEESE PASTRY AND MILK)** |
| 24.11.2020  Salı | FIRINDA YUMURTALI-BEYAZ PEYNİRLİ EKMEK, YEŞİL ZEYTİN, BAL, MEYVE ÇAYI **(OVEN BAKED BREAD WİTH EGG MIXED WITH CHEESE GREEN OLIVES HONEY FRUIT TEA)** | 275 kcal | DOMATES ÇORBA, **Gezen Tavuk** SANDAL SEFASINDA, KEPEKLİ MAKARNA, AYRAN (**TOMATO SOUP, CHICKEN MEAL, BROWN PASTA, AYRAN)** | 591 kcal | SÜTLAÇ  (**MILKY RICE PUDDING)** |
| 25.11.2020  Çarşamba | **Omlet,** BEYAZ PEYNİR, YEŞİL ZEYTİN, DOMATES, SALATALIK, BAL, IHLAMUR **(OMELETTE, WHITE CHEESE, GREEN OLIVES TOMATOES CUCUMBER HONEY LINDEN TEA)** | 279 kcal | MERCİMEK ÇORBA, ANKARA TAVA, BELUGA MERCİMEKLİ SALATA, MEYVE **(LENTIL SOUP, GREEN LENTIL BELUGA SALAD, FRUIT** | 620 kcal | YULAFLI KURABİYE, SÜT  **(OATMEAL COOKIES, MILK)** |
| 26.11.2020  Perşembe | **Sütlü Yumurta,** SİMİT, BEYAZ PEYNİR, YEŞİL ZEYTİN, DOMATES, SALATALIK, TAHİN,-PEKMEZ, IHLAMUR **(MILKY OMELETTE SIMIT WHITE CHEESE GREEN OLIVES TOMATOESCUCUMBER MOLASSES WITH TAHINI LINDEN TEA)** | 458 kcal | YAYLA ÇORBA, Etli YEŞİL MERCİMEK YEMEĞİ, PEYNİRLİ TEPSİ BÖREĞİ, KOMPOSTO **(YOGHURT SOUP GREEN LENTILS WITH MEAT, PASTRY WITH CHEESE, FRUIT COMPOST)** | 663 kcal | ETİMEK TATLISI **(DESERT)** |
| 27.11.2020  Cuma | HAŞLANMIŞ YUMURTA, YEŞİL ZEYTİN, DİL PEYNİRİ, SALATALIK, BAL, KUŞBURNU ÇAYI **(BOILED EGG GREEN OLIVES CHEESE CUCUMBER HONEY ROSESHIP TEA)** | 211 kcal | TARHANA ÇORBA, **Mevsim Balığı, KARNABAHAR** SALATA  **(TARHANA SOUP, SEASONAL FISH, CAULIFLOWER SALAD)** | - kcal | MEYVE SALATASI, BADEM **(FRUIT SALAD, ALMOND)** |
| 30.11.2020  Pazartesi | PATATESLİ OMLET, BURGU PEYNİR, ZEYTİN, DOMATES-SALATALIK, BAL, SÜT **(POTATO OMELETTE, CHEESE, OLIVES TOMATOES HONEY MILK)** | 635 kcal | ALACA ÇORBA, HİNDİ SOTE, CEVİZLİ ERİŞTE, AYRAN  (**ALACA SOUP, TURKEY WITH SAUCE, NOODLE WITH WALNUTS, AYRAN)** | 715 kcal | KREM ŞOKOLA **(CREAM CHOCOLATE)** |
| 01.12.2020  Salı | **HAŞLANMIŞ YUMURTA**, ZEYTİN, DOMATES, SALATALIK, TAHİN-PEKMEZ, SÜT **(BOILED EGG OLIVES TOMATOES CUCUMBER MOLASSES WITH TAHINI MILK)** | 358 kcal | DÜĞÜN ÇORBA, ISPANAK YEMEĞİ, **BULGUR** PİLAVI , KOMPOSTO **(TRADITIONAL WEDDING SOUP, SPINACH WHEAT RICE, FRUIT COMPOST)** | 673 kcal | PATATES SALATASI **(POTATO SALAD)** |
| 02.12.2020  Çarşamba | KREP, KAŞAR PEYNİRİ, ZEYTİN, TAHİN-PEKMEZ, BAL, SÜT **(CREP, CHEDDAR CHEESE, OLIVES MOLASSES WITH TAHINI HONEY MILK)** | 460 kcal | HAVUÇ ÇORBA, SPAGETTİ BOLONEZ **SALATA (CARROT SOUP**  **SPAGHETTI BOLOGONESE SALAD** | 722 | MERCİMEK KÖFTESİ(**BOILED LENTIL MEATBALLS** |