

| DATE | 09/30/2019 | 10/01/2019 | 10/02/2019 | 10/03/2019 | 10/04/2019 |
|-----------------|----------------------------|------------------------------------|---|--------------------------------------|-----------------------------------|
| SNACK | AÇMA | CHERRY PUFFS | SIMIT WITH CHEESE | PASTRY | MINI PIZZA |
| FRUIT | APRICOT | PEAR | BANANA | PLUM | MANDARIN |
| GROUP | PRIMARY | PRIMARY | PRIMARY | PRIMARY | PRIMARY |
| SOUP | LENTIL SOUP/ CRATON | CHICKPEA SOUP | TOMATO SOUP/CRATON | EZOGE LIN SOUP | TARHANA SOUP |
| MAIN DISH | BEEF STRAGANOF | MEAT WITH VEGETABLE (OVEN BAKED) | MEAT DONER | MEATBALL WITH EGGPLANT | GRILLED TURKEY |
| MAIN DISH | MOUSAKKA | IZMIR KOFTE | ORGANIC CHICKEN FAJITA | STEAMED FISH GARLIC SAUCE & BAY-TREE | MEAT WITH VEGETABLE |
| VEGETARIAN | KIDNEY BEAN | ARTICHOKE FILLED CARROT AND POTATO | ROAST VEGETABLE | GREEN LENTIL | VEGGIE KEBAP |
| GARNITURE | VEGETABLE ON STICK | EGGPLANT PUREE | CELERY | SLICE ZUCCHINI | STEAMED BRUSSELS CABBAGE |
| SIDE DISH | RICE OR BOREK | SPAGHETTI OR BULGUR PILAF | RICE OR CHINESE BOREK | BAKED POTATO OR ORZO RICE | BULGHUR PILAF OR OVEN BAKED PASTA |
| FRUIT | FRUIT | FRUIT | FRUIT | FRUIT | FRUIT |
| GROUP | SECONDARY | SECONDARY | SECONDARY | SECONDARY | SECONDARY |
| SOUP | LENTIL SOUP/ CRATON | CHICKPEA SOUP | TOMATO SOUP | EZOGE LIN SOUP | TARHANA SOUP |
| MAIN DISH | BEEF STRAGANOF | MEAT WITH VEGETABLE (OVEN BAKED) | SATAY TURKEY STICKS | MEATBALL WITH EGGPLANT | GRILLED TURKEY |
| MAIN DISH | MOUSAKKA | IZMIR KOFTE | TRIPASA A MODA DO PORTO | STEAMED FISH GARLIC SAUCE & BAY-TREE | MEAT WITH VEGETABLE |
| VEGETARIAN | KIDNEY BEAN | ARTICHOKE FILLED CARROT AND POTATO | ROAST VEGETABLE WITH SWEET AND SOUR SAUCE | GREEN LENTIL | VEGGIE KEBAP |
| GARNITURE | VEGETABLE ON STICK | EGGPLANT PUREE | CELERY | SLICE ZUCCHINI | STEAMED BRUSSELS CABBAGE |
| SIDE DISH | RICE OR BOREK | SPAGHETTI OR BULGUR PILAF | RICE OR CHINESE BOREK | BAKED POTATO OR ORZO RICE | BULGHUR PILAF OR OVEN BAKED PASTA |
| GRAB AND GO | PESTO SAUCE & MAFALDINE | PIZZA | MEATBALL ON THE GRILLED BREAD | PIDE | CLUB SANDVICH |
| DESSERT | SUPANGLE | PAVLOVA | TIRAMISU | SEMOLINA HALVA | MAGNOLIA |
| FRUIT | FRUIT | FRUIT | FRUIT | FRUIT | FRUIT |
| SALAD BAR | | | | | |
| STANDARDS | YOGURT | YOGURT | YOGURT | YOGURT | YOGURT |
| | CACIK | CACIK | CACIK | CACIK | CACIK |
| | LETTUCE SALAD | LETTUCE SALAD | LETTUCE SALAD | LETTUCE SALAD | LETTUCE SALAD |
| | TOMATO / CUCUMBER / CARROT | TOMATO / CUCUMBER / CARROT | TOMATO / CUCUMBER / CARROT | TOMATO / CUCUMBER / CARROT | TOMATO / CUCUMBER / CARROT |
| DAILY VARIABLES | RED CABBAGE SALAD | RED CABBAGE SALAD | ROCKET SALAD | RED CABBAGE SALAD | TURNIP SALAD & CARROT |
| | GREEK SALAD | ROMENIAN SALAD | GARDEN ORACH & MUSHROOM SALAD | AVOCADO SALAD & CHEESE | ROCKET SALAD |
| | POTATO SALAD | GRILLED PEPPER & YOGURT | CARROT STEW & YOGURT | KISIR | ORZO SALAD |
| | GREEN LENTIL SALAD | CARROT SALAD & PARSLEY | PASTA SALAD | HUMMUS | ZUCCHINI SALAD |
| | OLIVE OIL FRESH BEAN | OLIVE OIL HARICOT BEAN | OLIVE OIL STUFFED LEAVES | OLIVE OIL GOMBO | OLIVE OIL CELERY |
| | OLIVE OIL SPINACH | OLIVE OIL CAULIFLOWER | OLIVE OIL VEGETABLE | OLIVE OIL COWBEAN | OLIVE OIL GARDEN ORACH |



IICS OCTOBER LUNCH MENU

| DATE | 10/07/2019 | 10/08/2019 | 10/09/2019 | 10/10/2019 | 10/11/2019 |
|------------------|-----------------------------------|----------------------------|----------------------------|--------------------------------|---------------------------|
| SNACK | SIMIT | CAKE WITH GRAPE | ACMA | PASTRY WITH OLIVE | CHOCOLATE MUFFIN |
| FRUIT | PEAR | APPLE | GRAPE | PLUM | MANDARIN |
| GROUP | PRIMARY | PRIMARY | PRIMARY | PRIMARY | PRIMARY |
| SOUP | CARAMELIZED ONION & MUSHROOM SOUP | LENTIL SOUP/CRATON | TOMATO SOUP & CHEESE | BRETON SOUP | MINISTRONE SOUP |
| MAIN DISH | ROAST TURKEY WITH VEGETABLE | MEATBALL WITH TOMATO SAUCE | ORGANIC CHICKEN ROTI | SWEDEN MEATBALL | ÇÖKERTME KEBAP |
| MAIN DISH | HARICOT BEAN WITH MEAT | STUFFED PEPPER WITH MEAT | PIDE(CHEESE& GROUND MEAT) | SALMON FISH | FRESH BEAN WITH BEAN |
| VEGETARIAN | HARICOT BEAN | SPINACH GRATEN | PIDE(CHEESE& TOMATO) | CHICKPEA | FRESH BEAN |
| GARNITURE | STAMPOT | POTATO PUREE | POTATO WEDGES | SPINACH SAUTE | ROAST BROCCOLI |
| SIDE DISH | MACARONI WITH CHEESE OR RICE | RICE OR BOREK | ROAST VEGETABLE OR NOODLE | RICE OR ERISTE | COUSCOUS OR BULGUR PILAF |
| FRUIT | FRUIT | FRUIT | FRUIT | FRUIT | FRUIT |
| GROUP | SECONDARY | SECONDARY | SECONDARY | SECONDARY | SECONDARY |
| SOUP | CARAMELIZED ONION & MUSHROOM SOUP | LENTIL SOUP/CRATON | TOMATO SOUP & CHEESE | BRETON SOUP | MINISTRONE SOUP |
| MAIN DISH | ROAST TURKEY WITH VEGETABLE | MEATBALL WITH TOMATO SAUCE | ORGANIC CHICKEN ROTI | SWEDEN MEATBALL | ÇÖKERTME KEBAP |
| MAIN DISH | HARICOT BEAN WITH MEAT | STUFFED PEPPER WITH MEAT | PIDE(CHEESE& GROUND MEAT) | SALMON FISH | FRESH BEAN WITH BEAN |
| VEGETARIAN | HARICOT BEAN | SPINACH GRATEN | PIDE(CHEESE& TOMATO) | CHICKPEA | FRESH BEAN |
| GARNITURE | STAMPOT | POTATO PUREE | POTATO WEDGES | SPINACH SAUTE | ROAST BROCCOLI |
| SIDE DISH | MACARONI WITH CHEESE OR RICE | RICE OR BOREK | ROAST VEGETABLE OR NOODLE | RICE OR ERISTE | COUSCOUS OR BULGUR PILAF |
| GRAB AND GO | BURITTO | TAGLIATELLE & PESTO SAUCE | CRAPE WITH TURKEY&MUSHROOM | PIZZA | TACO |
| DESSERT | 2 COLOR PUDDING | CHEESECAKE | PROFITEROL | CHERRY PIE | PUDDING WITH KADAYIFI |
| FRUIT | FRUIT | FRUIT | FRUIT | FRUIT | FRUIT |
| SALAD BAR | | | | | |
| STANDARDS | YOGURT | YOGURT | YOGURT | YOGURT | YOGURT |
| | CACIK | CACIK | CACIK | CACIK | CACIK |
| | LETTUCE SALAD | LETTUCE SALAD | LETTUCE SALAD | LETTUCE SALAD | LETTUCE SALAD |
| | TOMATO /CUCUMBER / CARROT | TOMATO /CUCUMBER / CARROT | TOMATO /CUCUMBER / CARROT | TOMATO /CUCUMBER / CARROT | TOMATO /CUCUMBER / CARROT |
| DAILY VARIABLES | RED CABBAGE SALAD | GREEN SALAD | RED CABBAGE SALAD | MIXED GREEN SALAD / CORN | ROCKET SALAD |
| | ROCKET SALAD WITH CHEESE | BEET PICKLE | ZUCCHINI & YOGURT | MINCED TOMATO & CUCUMBER SALAD | CARROT PANE |
| | CARROT SALAD & YOGURT | EGGPLANT & YOGURT | ITALIAN SALAD | GRILLED PEPPER | GARDEN ORACH & YOGURT |
| | TABBULLE | HUMMUS | CIG KOFTE | FAVA | KISIR |
| | OLIVE OIL EGGPLANT | OLIVE OIL ZUCCHINI | OLIVE OIL VEGETABLE STEW | OLIVE OIL BRUSSELS CABBAGE | OLIVE OIL MUSHROOM |
| OLIVE OIL GOMBO | OLIVE OIL GREEN PEA | OLIVE OIL GREEN BEA | OLIVE OIL GARDEN ORACH | OLIVE OIL ZUCCHINI | |

| DATE | 10/14/2019 | 10/15/2019 | 10/16/2019 | 10/17/2019 | 10/18/2019 |
|------------------|----------------------------|----------------------------|----------------------------------|-------------------------------|--------------------------------|
| SNACK | PASTRY | FOCACCIA & TOMATO | SIMIT | SESSAME AND CHEESE SHORTBREAD | CINNAMON AND CARROT CAKE |
| FRUIT | MANDARIN | BANANA | PEAR | APPLE | GRAPE |
| GROUP | PRIMARY | PRIMARY | PRIMARY | PRIMARY | PRIMARY |
| SOUP | MUSHROOM SOUP WITH CORN | CHINESE SOUP WITH VEGGIE | SPINACH SOUP | LENTIL SOUP | CARROT SOUP |
| MAIN DISH | TAS KEBABI | MEAT LOAF | CHIPS TURKEY | BEEF FAJITA | CHICKEN WITH SESSAME AND HONEY |
| MAIN DISH | CHICKPEA WITH MEAT | KARNIYARIK | SOSIATY MANTI | CIPSY FISH | KADINBUDU KOFTE |
| VEGETARIAN | CHICKPEA | SPINACH AND MUSHROOM PIE | KIDNEY BEAN | GREEN LENTIL | COW PEA |
| GARNITURE | POTATO PUREE | STEAMED RED BEET | POTATO WEDGES | VEGGI SHISH | POTATO PUREE |
| SIDE DISH | RICE OR SPAGHETTI | POTATO PUREE OR ORZO RICE | BULGHUR PILAF OR VEGETABLE SAUTE | RICE OR MACARONI & BASIL | RICE OR NOODLE |
| FRUIT | FRUIT | FRUIT | FRUIT | FRUIT | FRUIT |
| GROUP | SECONDARY | SECONDARY | SECONDARY | SECONDARY | SECONDARY |
| SOUP | MUSHROOM SOUP WITH CORN | CHINESE SOUP WITH VEGGIE | SPINACH SOUP | LENTIL SOUP | CARROT SOUP |
| MAIN DISH | TAS KEBABI | MEAT LOAF | CHIPS TURKEY MASALA SUCE | BEEF FAJITA | KOREAN ROAST BEEF WITH VEGGIE |
| MAIN DISH | CHICKPEA WITH MEAT | KARNIYARIK | SOSIATY MANTI | CIPSY FISH | SPINACH WOTH GROUND MEAT |
| VEGETARIAN | ROAST VEGETABLE WITH CURRY | SPINACH AND MUSHROOM PIE | KIDNEY BEAN | GREEN LENTIL | COW PEA |
| GARNITURE | POTATO PUREE | STEAMED RED BEET | POTATO WEDGES | VEGGI SHISH | FRENCH FRIES |
| SIDE DISH | RICE OR SPAGHETTI | POTATO PUREE OR ORZO RICE | BULGHUR PILAF OR VEGETABLE SAUTE | RICE OR MACARONI & BASIL | PENNE OR BASMATI RICE |
| GRAB AND GO | QUASIDELLA | NOODLE & CHICKEN | LAHMACUN | GYROS PITA | HOT DOG |
| DESSERT | CREME CARAMEL | MOSAIC CAKE | ECLER'S | REVANI WITH POPPY BEANS | BANANA PUDDING |
| FRUIT | FRUIT | FRUIT | FRUIT | FRUIT | FRUIT |
| SALAD BAR | | | | | |
| STANDARDS | YOGURT | YOGURT | YOGURT | YOGURT | YOGURT |
| | CACIK | CACIK | CACIK | CACIK | CACIK |
| | LETTUCE SALAD | LETTUCE SALAD | LETTUCE SALAD | LETTUCE SALAD | LETTUCE SALAD |
| | TOMATO / CUCUMBER / CARROT | TOMATO / CUCUMBER / CARROT | TOMATO / CUCUMBER / CARROT | TOMATO / CUCUMBER / CARROT | TOMATO / CUCUMBER / CARROT |
| DAILY VARIABLES | GREEN SALAD | RED CABBAGE SALAD | ROCKET SALAD | RED CABBAGE SALAD | TURNIP SALAD & CARROT |
| | GAVURDAĞ SALAD | GREEK SALAD | GARDEN ORACH & MUSHROOM SALAD | AVOCADO SALAD & CHEESE | SOYBEAN SPROUTS SALAD |
| | ZUCCHINI MÜCVER | GRILLED PEPPER & YOGURT | CARROT STEW & YOGURT | CELERY & YOGURT | FRIED CAULIFLOWER |
| | GREEN LENTIL SALAD | LENTIL KOFTE | HUMMUS | KISIR | HUMMUS |
| | OLIVE OIL COWPEA | OLIVE OIL FRESH BEAN | OLIVE OIL STUFFED LEAVES | OLIVE OIL GARDEN ORACH | OLIVE OIL BROCCOLI |
| | OLIVE OIL GOMBO | OLIVE OIL CAULIFLOWER | OLIVE OIL VEGETABLE | OLIVE OIL EGGPLANT | OLIVE OIL ZUCCHINI |

| DATE | 10/21/2019 | 10/22/2019 | 10/23/2019 | 10/24/2019 | 10/25/2019 |
|------------------|----------------------------------|--------------------------------|-----------------------------------|--|--|
| SNACK | PAstry WITH DILL | MINI PIZZA WITH CHEESE | CAKE WITH CARROT AND CINNAMON | SIMIT | CHOCOLATE MUFFIN |
| FRUIT | APPLE | PEAR | GRAPE | BANANA | MANDARIN |
| GROUP | PRIMARY | PRIMARY | PRIMARY | PRIMARY | PRIMARY |
| SOUP | CAULIFLOWER SOUP | LENTIL SOUP | TOMATO SOUP /CRATON | LEEK CREAM SOUP | MINISTRONE SOUP |
| MAIN DISH | HOLLAND SAUSAGE | MEATBALLS WITH CHEESE | MEAT SAUTE WITH MUSHROOM | HAMBURGER | MINI MEATBALLS WITH CHEESE AND TOMATO |
| MAIN DISH | MOUSAKKA | TURKEY KATSU | HARICOT BEAN WITH MEAT | CHICKEN SAUTE | PIZZA |
| VEGETARIAN | GREEN BEANS | FALAFEL | HARICOT BEAN | VEGGIE BURGER | ZUCCHINI |
| GARNITURE | POTATO PUREE | EGGPLANT PUREE WITH CHEESE | TOMATO AND CHEESE EGGPLANT GRATEN | FRENCH FRIES | BABY POTATO WITH BASILICUM |
| SIDE DISH | COUSCOUS OR RICE | RICE OR POTATO WEDGES | RICE OR BOREK | FIRIK BULGHUR RICE AND VEGETABLE SHISH | VEGETABLE SAUTE WITH PASTA WITH CREME |
| FRUIT | FRUIT | FRUIT | FRUIT | FRUIT | FRUIT |
| GROUP | SECONDARY | SECONDARY | SECONDARY | SECONDARY | SECONDARY |
| SOUP | CAULIFLOWER SOUP | LENTIL SOUP | TOMATO SOUP /CRATON | LEEK CREAM SOUP | MINISTRONE SOUP |
| MAIN DISH | HOLLAND SAUSAGE | MEATBALLS WITH CHEESE | MEAT SAUTE WITH MUSHROOM | HAMBURGER | MINI MEATBALLS WITH CHEESE AND TOMATO |
| MAIN DISH | MOUSAKKA | TURKEY KATSU | HARICOT BEAN WITH MEAT | CHICKEN SAUTE & BBQ SAUCE | PIZZA |
| VEGETARIAN | GREEN BEANS | FALAFEL | HARICOT BEAN | VEGGIE BURGER | ZUCCHINI |
| GARNITURE | POTATO PUREE | EGGPLANT PUREE WITH CHEESE | TOMATO AND CHEESE EGGPLANT GRATEN | FRENCH FRIES | BABY POTATO WITH BASILICUM |
| SIDE DISH | COUSCOUS OR RICE | RICE OR POTATO WEDGES | RICE OR BOREK | FIRIK BULGHUR RICE AND VEGETABLE SHISH | VEGETABLE SAUTE WITH PASTA WITH CREME |
| GRAB AND GO | TACO | PIDE (CHEESE AND TOMATO) | SPAGHETTI WITH MEATBALL | MEAT DONER | RAVIOLI |
| DESSERT | GUM PUDDING WITH CHOCOLATE SAUCE | TRILEÇE | TULUMBA TATLISI | CHOCOLATE CHEESECAKE | PANNA COTTA / TIRAMISU |
| FRUIT | FRUIT | FRUIT | FRUIT | FRUIT | FRUIT |
| SALAD BAR | | | | | |
| STANDARDS | YOGURT | YOGURT | YOGURT | YOGURT | YOGURT |
| | CACIK | CACIK | CACIK | CACIK | CACIK |
| | LETTUCE SALAD | LETTUCE SALAD | LETTUCE SALAD | LETTUCE SALAD | LETTUCE SALAD |
| | TOMATO / CUCUMBER / CARROT | TOMATO / CUCUMBER / CARROT | TOMATO / CUCUMBER / CARROT | TOMATO / CUCUMBER / CARROT | TOMATO/CUCUMBER/CARROT |
| DAILY VARIABLES | RED CABBAGE SALAD | GREEN SALAD | RED CABBAGE SALAD | MIXED GREEN SALAD / CORN | ITALIAN BEAN SALAD |
| | ROCKET SALAD & CHEESE | MIXED PICKLE | YOGURT & ZUCCHINI | MINCED TOMATO & CUCUMBER SALAD | PURSLANE WITH OLIVE OIL |
| | CARROT TARATOR | YOGURT & EGGPLANT | ITALIAN SALAD | GRILLED PEPPER | COW PEA WITH OLIVE OIL |
| | TABBULLE | MINCED TOMATO & CUCUMBER SALAD | HUMMUS | MIXED PICKLE | ITALIAN SALAD |
| | OLIVE OIL EGGPLANT | OLIVE OIL ZUCCHINI | OLIVE OIL VEGETABLE | OLIVE OIL BROCCOLI | DRIED TOMATO SALAD WITH MOZARELLA CHEESE |
| | OLIVE OIL GOMBO | OLIVE OIL BRUSSELS CABBAGE | OLIVE OIL SPINACH | OLIVE OIL GARDEN ORACH | OLIVE OIL ZUCCHINI |

OCTOBER 2019 HISAR HOT LUNCH MENU

| 30-Sep-19 | 1-Oct-19 | 2-Oct-19 | 3-Oct-19 | 4-Oct-19 |
|-----------------------------------|----------------------------------|---------------------------------|----------------------------------|------------------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Lentil soup/Kraton | Chickpea soup | Tomato soup | Ezogelin soup | Mushroom soup |
| Chickpeas -no meat | Izmir kofte | Organic chicken Fajita | Steamed fish(no garlic sauce) | Grilled turkey |
| Rice | Bulgur rice | Whole grain pasta | Baked potato | Kinoa |
| Cherry tomatoes, cucumber sticks | Carrot & cucumber sticks& tomato | Raw red & yellow pepper slices | Carrot & cucumber sticks | Carrot, cucumber, cherry tomato |
| Grilled vegetable on stick | Eggplant puree | Roast vegetable | Green lentil | Veggie kebab |
| Grapes | Nektarin | Yoghurt & honey | Fruit | Fruit |
| 7-Oct-19 | 8-Oct-19 | 9-Oct-19 | 10-Oct-19 | 11-Oct-19 |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Caramelized onion & Mushroom soup | Lentil Soup | Tomato soup and cheese | Breton soup | Minestrone soup |
| Haricot bean | Meat ball with tomato sauce | Organic chicken roti | Salmon Fish | Cokertme kebab-no fried chips |
| Rice | Wholegrain pasta | Roast vegetable on noodle | Potato wedges | Buckwheat (karabugday) |
| Raw red & yellow pepper slices | Carrot sticks & sliced tomatoes | Tomato, cucumber, carrot | Steamed peas | Cucumber & carrot sticks |
| Steamed Broccoli | Spinach graten | Yoghurt & honey | Carrot & cucumber sticks& tomato | Roast broccoli |
| Fruit | Nektarin | | Plums | Grapes |
| 14-Oct-19 | 15-Oct-19 | 16-Oct-19 | 17-Oct-19 | 18-Oct-19 |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Mushroom soup | Chinese soup with veggie | Spinach soup | Lentil soup | Carrot soup |
| Spaghetti Napoliten | Karniyarik | Manti & Yoghurt | Fish (Not fried or crispy) | Kadinbudu kofte |
| Chickpea (no meat) | Orzo rice | Kidney bean | Oven baked potato | Couscous |
| Raw red & yellow pepper slices | Lentil kofte | Vegetable sautee | Raw red & yellow pepper slices | Green lettuce, cherry tomato |
| Grapes | Cherry tomato, cucumber | Carrot, cucumber, cherry tomato | Veggie shish | Kisir |
| | Nektarin | Banana | Grapes | Fruit |
| 21-Oct-19 | 22-Oct-19 | 23-Oct-19 | 24-Oct-19 | 25-Oct-19 |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Cauliflower soup | Lentil soup | Tomato soup | Leek cream soup | Minestrone soup |
| Spaghetti Bolognese | Turkey katsu | Fish | Hamburger | Mini meatballs with cheese &tomato |
| Green beans | Potato wedges | Barbunya beans | Onion slices | Baby potato with basilicum |
| Carrot sticks & sliced tomatoes | Eggplant puree with feta cheese | Tomato, cucumber, carrot | Green lettuce, cherry tomato | Zucchini |
| Water melon | Raw red & yellow pepper slices | Hummus | Kisir | Carrot, cucumber sticks, tomato |
| | Pear | Grapes | Banana | Yoghurt & honey |