

# SARDUNYA IICS JANUARY LUNCH MENU

DATE	6.01.2020	7.01.2020	8.01.2020	9.01.2020	10.01.2020
SNACK	PASTRY WITH CHEESE	SİMİT W/ CHEESE	AÇMA WITH OLIVE	CHERRY PUFF	MINI PIZZA
FRUIT	MANDARIN	APPLE	PEAR	BANANA	MANDARIN
GROUP	PRIMARY	PRIMARY	PRIMARY	PRIMARY	PRIMARY
SOUP	LENTIL SOUP	TOMATO SOUP WITH CRATON	EZOĞELIN SOUP	GREEN VEGETABLE SOUP	ORZO SOUP
MAIN DISH	MEAT SAUTE WITH MUSHROOM	MEATBALL WITH ONION	MEAT FAJITA	SPANISH FISH	MEAT & VEGETABLE IN HOT POT
MAIN DISH	TURKEY THIGH ROAST	CHICKPEA WITH MEAT	RUSSIAN KOFTÉ	STUFFED CABBAGE ROLL	MEXICAN TURKEY
VEGETARIAN	BROCCOLI WIT BECHAMEL	CHICKPEA	CRISPY EGGPLANT & CHEESE	FALAFEL	GREEN LENTIL
GARNITURE	POTATO SAUTE WITH TOMATO SAUTE	GRILLED VEGETABLE ON STICK	POLENTA	BROCCOLI	GRILLED TOMATO AND PEPPER
SIDE DISH	PASTA OR BULGHUR PILAF	RICE OR POTATO WEDGES	BOREK OR RICE & ORZO	SPAGHETTI OR RICE	RICE OR POTATO WEDGES
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT SALAD
GROUP	SECONDARY	SECONDARY	SECONDARY	SECONDARY	SECONDARY
SOUP	LENTIL SOUP	TOMATO SOUP WITH CRATON	EZOĞELIN SOUP	GREEN VEGETABLE SOUP	ORZO SOUP
MAIN DISH	MEAT SAUTE WITH MUSHROOM	MEATBALL WITH ONION	MEAT FAJITA	SPANISH FISH	MEAT & VEGETABLE IN HOT POT
MAIN DISH	TURKEY THIGH ROAST	CHICKPEA WITH MEAT	RUSSIAN KOFTÉ & POTATO PUREE	STUFFED CABBAGE ROLL	MEXICAN TURKEY
VEGETARIAN	BROCCOLI WIT BECHAMEL	CHICKPEA	FALAFEL	CRISPY EGGPLANT & CHEESE	GREEN LENTIL
GARNITURE	POTATO SAUTE WITH TOMATO SAUTE	GRILLED VEGETABLE ON STICK	POLENTA	BROCCOLI & CURRY	GRILLED TOMATO AND PEPPER
SIDE DISH	PASTA OR BULGHUR PILAF	RICE OR POTATO WEDGES	BOREK OR RICE & ORZO	SPAGHETTI OR RICE	RICE OR POTATO WEDGES
GRAB AND GO	PIDE WITH MINCED MEAT	NOODLE WITH CHICKEN AND VEGETABLE	MEAT DONER	MARGARITA PIZZA	TOAST WITH SALAMI
DESSERT	CREME CARAMEL	TIRAMISU	CAKE WITH LEMON	SAMOLINA HALVA	CREME ŞOKELLA
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT SALAD
<b>SALAD BAR</b>					
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
	AMERICAN SALAD	COLESLOW	EGG SALAD	POTATO SALAD	HUMMUS
	MUHAMMARA	TABBULE	GREEK SALAD WITH CHEESE	GRILLED PEPPER & YOGHURT	PASTA SALAD
	CARROT PANE	FAVA	HUMMUS	LENTIL KOFTÉ	KISIR WITH BEET
	OLIVE OIL BROCCOLI	OLIVE OIL ZUCCHINI	OLIVE OIL LEEK	OLIVE OIL 3 BEAN	OLIVE OIL GOMBO

# SARDUNYA IICS JANUARY LUNCH MENU

DATE	13.01.2020	14.01.2020	15.01.2020	16.01.2020	17.01.2020
SNACK	PASTRY WITH CHEESE	SİMİT	POPPY SEED SHORTBREAD	BREASTFAST PIZZA	CHOCOLATE CAKE
FRUIT	MANDARIN	APPLE	PEAR	ORANGE	BANANA
<b>GROUP</b>	<b>PRIMARY</b>	<b>PRIMARY</b>	<b>PRIMARY</b>	<b>PRIMARY</b>	<b>PRIMARY</b>
SOUP	LENTIL SOUP	TOMATO SOUP/CRATON	EZOVELIN SOUP	VEGETABLE SOUP	LENTIL SOUP
MAIN DISH	SOCIETY MANTI	ÇÖKERTME KEBAP	GRILLED MEATBALL	FISH	ORGANIC CHICKEN
MAIN DISH	TURKEY SCHNITZEL	HARICOT BEAN WITH SUHUK	GREEN BEAN WITH MEAT	MEAT SAUTE WITH MUSHROOM	KITFA LİL ATFAAL
VEGETARIAN	CABBAGE STEW	HARICOT BEAN	GREEN BEAN	GREEN LENTIL	LEEK
GARNITURE	MUSHROOM STRAGANOF	FRIED GOMBO	ONION RINGS	POLENTA	CARROT SAUTE
SIDE DISH	VEGETABLE SAUTE OR RICE	PASTA OR RICE	RICE OR POTATO PUREE	BULGHUR RICE OR RICE WITH ORZO	NOODLE OR POTATO WEDGES
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
<b>GROUP</b>	<b>SECONDARY</b>	<b>SECONDARY</b>	<b>SECONDARY</b>	<b>SECONDARY</b>	<b>SECONDARY</b>
SOUP	LENTIL SOUP	TOMATO SOUP/CRATON	EZOVELIN SOUP	VEGETABLE SOUP	LENTIL SOUP
MAIN DISH	SOCIETY MANTI	ÇÖKERTME KEBAP	GRILLED MEATBALL	FISH	ORGANIC CHICKEN
MAIN DISH	TURKEY SCHNITZEL	HARICOT BEAN WITH SUHUK	GREEN BEAN WITH MEAT	MEAT SAUTE WITH MUSHROOM	KITFA LİL ATFAAL
VEGETARIAN	CABBAGE STEW	HARICOT BEAN	GREEN BEAN	GREEN LENTIL	LEEK
GARNITURE	MUSHROOM STRAGANOF	FRIED GOMBO	ONION RINGS	POLENTA	CARROT SAUTE
SIDE DISH	VEGETABLE SAUTE OR RICE	PASTA OR RICE	RICE OR POTATO PUREE	BULGHUR RICE OR RICE WITH ORZO	NOODLE OR POTATO WEDGES
GRAB AND GO	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
DESSERT	SUPANGLE	CHEESCAKE	ROKOKO	TAHINI HALVA	PUDDING IN HOT POT
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
<b>SALAD BAR</b>					
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
	GREEN SALAD	RED CABBAGE SALAD	ROCKET SALAD	RED CABBAGE SALAD	TURNIP SALAD & CARROT
DAILY VARIABLES	ROCKET SALAD	KISIR	HUMMUS	ÇİĞ KÖFTE	HUMMUS
	SALAD WITH GREEN LENTIL	PURSLANE SALAD	PURSLANE SALAD	MEXICAN SALAD	GREEN SALAD WITH CHEESE
	CARROT WITH YOGHURT	CHINA SALAD	GREEK SALAD	AMERICAN SALAD	EGG SALAD
	OLIVE OIL GREEN BEAN	OLIVE OIL ZUCCHINI	OLIVE OIL KIDNEY BEAN	OLIVE OIL LEEK	OLIVE OIL ARTICHOKE

# SARDUNYA IICS JANUARY LUNCH MENU

DATE	20.01.2020	21.01.2020	22.01.2020	23.01.2020	24.01.2020
SNACK	PASTRY WITH CHEESE	SİMİT	POPPY SEED SHORTBREAD	BREASFAST PIZZA	CINNAMON CAKE
FRUIT	MANDARIN	APPLE	PEAR	ORANGE	BANANA
<b>GROUP</b>	<b>PRIMARY</b>	<b>PRIMARY</b>	<b>PRIMARY</b>	<b>PRIMARY</b>	<b>PRIMARY</b>
SOUP	TOMATO SOUP WITH CHEESE	LENTIL SOUP	EZOVELIN SOUP	GREEN SOUP	LENTIL SOUP
MAIN DISH	BEEF STRAGANOF	MEAT ROLL AND BREAD	MEAT & VEGETABLE IN HOT POT	GRILLED SOMON	VIETNAMESE MEATBALL
MAIN DISH	TURKEY PİCCATA	STUFFED ZUCCHINI	MEAT STEW	LASAGNE	TURKEY FAJITA
VEGETARIAN	FEJIODA	KIDNEY BEAN	ZUCCHINI WITH TOMATO SAUCE	FALAFEL	VEGGİE BURGER
GARNITURE	BİBİMBAP	MUSHROOM PANE	EGGPLANT PUREE	TOMATO WITH MOZARELLA CHEESE	KOREAN CAOLIFLOWER
SIDE DISH	RICE OR POTATO PUREE	BULGHUR PILAF OR BOREK	RICE OR SPAGHETTİ	FIRIK BULGHUR OR VEGATABLE SAUTE	COUSCOUS OR RICE
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT SALAD
<b>GROUP</b>	<b>SECONDARY</b>	<b>SECONDARY</b>	<b>SECONDARY</b>	<b>SECONDARY</b>	<b>SECONDARY</b>
SOUP	TOMATO SOUP WITH CHEESE	LENTIL SOUP	EZOVELIN SOUP	GREEN SOUP	LENTIL SOUP
MAIN DISH	BEEF STRAGANOF	MEAT ROLL AND BREAD	MEAT & VEGETABLE IN HOT POT	GRILLED SOMON	VIETNAMESE MEATBALL
MAIN DISH	TURKEY PİCCATA	STUFFED ZUCCHINI	MEAT STEW	LASAGNE	TURKEY FAJITA
VEGETARIAN	FEJIODA	KIDNEY BEAN	ZUCCHINI WITH TOMATO SAUCE	FALAFEL	VEGGİE BURGER
GARNITURE	BİBİMBAP	MUSHROOM PANE	EGGPLANT PUREE	TOMATO WITH MOZARELLA CHEESE	KOREAN CAOLIFLOWER
SIDE DISH	RICE OR POTATO PUREE	BULGHUR PILAF OR BOREK	RICE OR SPAGHETTİ	FIRIK BULGHUR OR VEGATABLE SAUTE	COUSCOUS OR RICE
GRAB AND GO	NAPOLİTEN SAUCE SPAGHETTİ/ MEATBALLS	LAHMACUN	TACO	HOT DOG	TORTELLINI WITH CREAM
DESSERT	CREME SOCHELLA	ECLAIRS	PAVLOVA DESSERT	HALVA	BANANA PUDDING
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT SALAD
			<b>SALAD BAR</b>		
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
	ROCKET SALAD	HUMMUS	KISIR	ÇİĞ KÖFTE	HUMMUS
	SALAD WITH GREEN LENTIL	PURSLANE SALAD	PURSLANE SALAD	MEXICAN SALAD	GREEN SALAD WITH CHEESE
	CARROT WITH YOGHURT	MEDITERRANEAN QUNIA SALAD	MEDITERRANEAN CHICKPEA SALAD	AMERICAN SALAD	EGG SALAD
	OLIVE OIL CABBAGE,	OLIVE OIL PURSLANE	OLIVE OIL KIDNEY BEAN	OLIVE OIL LEEK	OLIVE OIL ARTICHOKE

# SARDUNYA IICS JANUARY LUNCH MENU

DATE	27.01.2020	28.01.2020	29.01.2020	30.01.2020	31.01.2020
SNACK	PASTRY WITH CHEESE	SİMİT	POPPY SEED SHORTBREAD	BREASFAST PİZZA	CHOCOLATE CAKE
FRUIT	MANDARIN	APPLE	PEAR	ORANGE	BANANA
GROUP	PRIMARY	PRIMARY	PRIMARY	PRIMARY	PRIMARY
SOUP	LENTIL SOUP	NOODLE SOUP WITH CHICKEN	LENTIL SOUP	EZOGE LIN SOUP	TOMATO SOUP
MAIN DISH	MEAT SAUTE	MINI MEATBALLS WITH TOMATO AND CHEESE	GRILLED TURKEY	SLICED MEAT	PIZZA
MAIN DISH	TURKEY SAUTE WITH MEXICAN BEAN	OVEN BAKED MOUSAKKA	MEAT SAUTE WITH MEXICAN BEAN	FISH PANE	MINI MEATBALL SAUTE
VEGETARIAN	ZUCCHINI	COW PEA	ROASTING GARDEN ORACH	KIDNEY BEAN	CRISPY CAULIFLOWER
GARNITURE	POTATO WEDGES	OLIVE OIL ARTICHOKE	BRUSSEL CABBAGE WITH SAUCE	POTATO PUREE	ONION RINGS
SIDE DISH	OVEN BAKED PASTA OR RICE	BOREK OR RICE	FIRIK BULGHUR OR RICE	SPAGHETTI OR BULGHUR PILAF	POTATO WEDGES AND RICE
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT SALAD
GROUP	SECONDARY	SECONDARY	SECONDARY	SECONDARY	SECONDARY
SOUP	LENTIL SOUP	NOODLE SOUP WITH CHICKEN	LENTIL SOUP	EZOGE LIN SOUP	TOMATO SOUP
MAIN DISH	MEAT SAUTE	MINI MEATBALLS WITH TOMATO AND CHEESE	GRILLED TURKEY	SLICED MEAT	PIZZA
MAIN DISH	TURKEY SAUTE WITH MEXICAN BEAN	OVEN BAKED MOUSAKKA	MEAT SAUTE WITH MEXICAN BEAN	FISH PANE	MINI MEATBALL SAUTE
VEGETARIAN	ZUCCHINI	COW PEA	ROASTING GARDEN ORACH	KIDNEY BEAN	CRISPY CAULIFLOWER
GARNITURE	POTATO WEDGES	OLIVE OIL ARTICHOKE	BRUSSEL CABBAGE WITH SAUCE	POTATO PUREE	ONION RINGS
SIDE DISH	OVEN BAKED PASTA OR RICE	BOREK OR RICE	FIRIK BULGHUR OR RICE	SPAGHETTI OR BULGHUR PILAF	POTATO WEDGES AND RICE
GRAB AND GO	SPAGHETTI WITH NAPOLITEN SAUCE/ MEATBALLS	FLAT BREAD WITH CHEESE	MEKSICAN CALZONE	SAUSAGE WITH PANE ON STICK	MARGARİTA PIZZA
DESSERT	MAGNOLİA	ŞEKERPA RE	CHURRO CHEESECAKE	SAMOLINA HALVA	BANANA PUDDING LASAGNA
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT SALAD
<b>SALAD BAR</b>					
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
	GREEN SALAD	RED CABBAGE SALAD	ROCKET SALAD	RED CABBAGE SALAD	TURNIP SALAD & CARROT
DAILY VARIABLES	POTATO SALAD WITH EGG	ITALIAN SALAD	VEGETABLE PATTY	SALAD WITH TON	ROMENIAN SALAD
	ZUCCHINI WITH YOGHURT	GERMAN CUCUMBER SALAD	COWBOY SALAD	VEGETABLE PATTY	KIBRIT SALAD
	ŞAKŞUKA	3 BEAN MEXICAN SALAD	HUMMUS	COWBOY SALAD	HUMMUS
	OLIVE OIL CAULIFLOWER	OLIVE OIL GREEN BEAN	OLIVE OIL LEEK	OLIVE OIL GOMBO	OLIVE OIL BROCCOLİ

# SARDUNYA IICS JANUARY LUNCH MENU

DATE	27.01.2020	28.01.2020	29.01.2020	30.01.2020	31.01.2020
SNACK	PASTRY WITH CHEESE	SİMİT	POPPY SEED SHORTBREAD	BREASFAST PİZZA	CHOCOLATE CAKE
FRUIT	MANDARIN	APPLE	PEAR	ORANGE	BANANA
GROUP	PRIMARY	PRIMARY	PRIMARY	PRIMARY	PRIMARY
SOUP	LENTIL SOUP	NOODLE SOUP WITH CHICKEN	LENTIL SOUP	EZOGE LIN SOUP	TOMATO SOUP
MAIN DISH	MEAT SAUTE	MINI MEATBALLS WITH TOMATO AND CHEESE	GRILLED TURKEY	SLICED MEAT	PIZZA
MAIN DISH	TURKEY SAUTE WITH MEXICAN BEAN	OVEN BAKED MOUSAKKA	MEAT SAUTE WITH MEXICAN BEAN	FISH PANE	MINI MEATBALL SAUTE
VEGETARIAN	ZUCCHINI	COW PEA	ROASTING GARDEN ORACH	KIDNEY BEAN	CRISPY CAULIFLOWER
GARNITURE	POTATO WEDGES	OLIVE OIL ARTICHOKE	BRUSSEL CABBAGE WITH SAUCE	POTATO PUREE	ONION RINGS
SIDE DISH	OVEN BAKED PASTA OR RICE	BOREK OR RICE	FIRIK BULGHUR OR RICE	SPAGHETTI OR BULGHUR PILAF	POTATO WEDGES AND RICE
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT SALAD
GROUP	SECONDARY	SECONDARY	SECONDARY	SECONDARY	SECONDARY
SOUP	LENTIL SOUP	NOODLE SOUP WITH CHICKEN	LENTIL SOUP	EZOGE LIN SOUP	TOMATO SOUP
MAIN DISH	MEAT SAUTE	MINI MEATBALLS WITH TOMATO AND CHEESE	GRILLED TURKEY	SLICED MEAT	PIZZA
MAIN DISH	TURKEY SAUTE WITH MEXICAN BEAN	OVEN BAKED MOUSAKKA	MEAT SAUTE WITH MEXICAN BEAN	FISH PANE	MINI MEATBALL SAUTE
VEGETARIAN	ZUCCHINI	COW PEA	ROASTING GARDEN ORACH	KIDNEY BEAN	CRISPY CAULIFLOWER
GARNITURE	POTATO WEDGES	OLIVE OIL ARTICHOKE	BRUSSEL CABBAGE WITH SAUCE	POTATO PUREE	ONION RINGS
SIDE DISH	OVEN BAKED PASTA OR RICE	BOREK OR RICE	FIRIK BULGHUR OR RICE	SPAGHETTI OR BULGHUR PILAF	POTATO WEDGES AND RICE
GRAB AND GO	SPAGHETTI WITH NAPOLITEN SAUCE/ MEATBALLS	FLAT BREAD WITH CHEESE	MEKSICAN CALZONE	SAUSAGE WITH PANE ON STICK	MARGARİTA PIZZA
DESSERT	MAGNOLİA	ŞEKERPA RE	CHURRO CHEESECAKE	SAMOLINA HALVA	BANANA PUDDING LASAGNA
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT SALAD
<b>SALAD BAR</b>					
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
	GREEN SALAD	RED CABBAGE SALAD	ROCKET SALAD	RED CABBAGE SALAD	TURNIP SALAD & CARROT
DAILY VARIABLES	POTATO SALAD WITH EGG	ITALIAN SALAD	VEGETABLE PATTY	SALAD WITH TON	ROMENIAN SALAD
	ZUCCHINI WITH YOGHURT	GERMAN CUCUMBER SALAD	COWBOY SALAD	VEGETABLE PATTY	KIBRIT SALAD
	ŞAKŞUKA	3 BEAN MEXICAN SALAD	HUMMUS	COWBOY SALAD	HUMMUS
	OLIVE OIL CAULIFLOWER	OLIVE OIL GREEN BEAN	OLIVE OIL LEEK	OLIVE OIL GOMBO	OLIVE OIL BROCCOLİ