



LUNCH MENU

MARMARA CAMPUS



SARDUNYA

Seasonal
 Organic
 Vegan
 Vegetarian

DATE DAY	28.02.2022 MONDAY	1.03.2022 TUESDAY	2.03.2022 WEDNESDAY	3.03.2022 THURSDAY	4.03.2022 FRIDAY
	LUNCH				
SOUP	CORN SOUP (1,7)	ORGANIC LENTIL SOUP VV	BROCCOLI SOUP VV	HOT - SOUR SOUP V (1,6)	ORGANIC LENTIL SOUP VV
MAIN DISH	BEEF WITH VEGETABLE (1,3,7)	ORGANIC HARICOT BEAN WITHOUT MEAT VV	OVEN BAKED CHICKEN	GRILLED MEATBALL (1,3,7)	MANTI (1)
GARNITURE	MEXICAN BEANS VV	STEAMED BROCCOLI WITH CARROT VV	PEAS WITH POTATO VV	CELERY (9) VV	YOGHURT (7) V
SIDE DISH	ORGANIC PASTA VV (1,3)	ORGANIC RICE VV	BULGUR (1) VV	PASTA (WHOLE WHEAT FLOUR PASTA) (1) VV	ORGANIC KIDNEY BEANS VV
SALADS	ROCKET&PARSLEY&SPINACH VV CUCUMBER & CARROT VV	MEDITERRANEAN GREENS VV CUCUMBER & CHERRYTOMATO VV	ROCKET&PARSLEY&SPINACH VV CUCUMBER & CARROT VV	CHERRY TOMATO & RED CABBAGE VV CARROT TARATOR V (7)	ROCKET&PARSLEY&SPINACH VV CUCUMBER & CHERRY TOMATO VV
FRUIT	YOGHURT WITH HONEY (7) V	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV
DATE DAY	7.03.2022 MONDAY	8.03.2022 TUESDAY	9.03.2022 WEDNESDAY	10.03.2022 THURSDAY	11.03.2022 FRIDAY
	LUNCH				
SOUP	VEGETABLE SOUP VV	CARROT SOUP (1,3,7) V	ORGANIC LENTIL SOUP	LEGUMES SOUP (1,7) V	ORGANIC LENTIL SOUP VV
MAIN DISH	MITITE MEATBALL (1,3,7)	ORGANIC CHICKPEAS WITHOUT MEAT VV	OVEN FISH FINGER (1,4)	HAMBAK STEAK (1,3,7)	BODRUM DONER (1,7)
GARNITURE	OVEN BAKED ZUCCHINI WITH CARROT VV	STEAMED VEGETABLE VV	GREEN BEANS VV	LEEK VV	CELERY (9) VV
SIDE DISH	PASTA (WHOLE WHEAT FLOUR PASTA) (1) VV	ORGANIC RICE VV	BAKED POTATO VV	ORGANIC RICE VV	ORGANIC BULGUR VV (1)
SALADS	CUCUMBER & RADISH VV BEET SALAT WITH PARSLEY VV	MEDITERRANEAN GREENS VV CHERRY TOMATO & RED CABBAGE VV	ROCKET&PARSLEY&SPINACH VV CUCUMBER & CARROT VV	CHERRY TOMATO & CARROT VV RED CABBAGE VV	ROCKET&PARSLEY&SPINACH VV CARROT & CUCUMBER VV
FRUIT	YOGHURT WITH HONEY (7) V	FRUIT VV	FRUIT VV	FRUIT VV	YOGHURT WITH HONEY (7) V
DATE DAY	14.03.2022 MONDAY	15.03.2022 TUESDAY	16.03.2022 WEDNESDAY	17.03.2022 THURSDAY	18.03.2022 FRIDAY
	LUNCH				
SOUP	MUSHROOM SOUP V (7,12)	VEGETABLE SOUP V (1,7)	CARROT SOUP VV	ORGANIC LENTIL SOUP VV	ORGANIC LEGUMES SOUP V (1,7)
MAIN DISH	CHILI CON CARNE	HAMBURGER (1,3,7,12)	GREEN LENTIL WITHOUT MEAT	GRILLED TURKEY	ORMAN KEBAB
GARNITURE	STEAMED VEGETABLE VV	BAKED POTATO VV	GREEN BEANS VV	PEAS WITH CARROT VV	BAKED POTATO VV
SIDE DISH	ORGANIC PASTA WITH MEXICAN SAUCE (1) VV	STEAMED VEGETABLE VV	ORGANIC RICE VV	ORGANIC BULGHUR PILAF (1) V	ORGANIC RICE VV
SALADS	ROCKET&PARSLEY&SPINACH VV CARROT & RADISH & TOMATO VV	CHERRY TOMATO & CARROT VV RED CABBAGE VV	ROCKET&PARSLEY&SPINACH VV CUCUMBER & CHERRY TOMATO VV	CARROT & MEDITERRANEAN GREENS VV CELERY TARATOR V (7,12)	ROCKET&PARSLEY&SPINACH VV BEET SALAD & CARROT VV
FRUIT	YOGHURT WITH HONEY (7) V	FRUIT VV	FRUIT VV	FRUIT VV	YOGHURT WITH HONEY (7) V
DATE DAY	21.03.2022 MONDAY	22.03.2022 TUESDAY	23.03.2022 WEDNESDAY	24.03.2022 THURSDAY	25.03.2022 FRIDAY
	LUNCH				
SOUP	VEGETABLE SOUP VV	TOMATO SOUP VV	ORGANIC LENTIL SOUP VV	VEGETABLE SOUP VV	CARROT SOUP VV
MAIN DISH	SWEDEN MEATBALL (1,3,7)	KIDNEY BEAN WITHOUT MEAT	MEAT LASAGNE (1,3,7)	GOGGUCAPCE	OVEN FISH FINGER (1,4)
GARNITURE	BAKED BABY POTATO VV	WHITE CABBAGE STEW VV	STEAMED BROCCOLI VV	STEAMED EDAMAME VV	OVEN ZUCCHINI VV
SIDE DISH	PASTA (WHOLE WHEAT FLOUR PASTA) (1) VV	ORGANIC BULGHUR PILAF (1) V	PEAS WITH CARROT VV	ORGANIC RICE VV	ORGANIC BARLEY NOODLE WITH PEAS (1) VV
SALADS	ROCKET&PARSLEY&SPINACH VV CUCUMBER & CARROT VV	CHERRY TOMATO & CARROT VV RED CABBAGE & CUCUMBER VV	ROCKET&PARSLEY&SPINACH VV RADISH & CUCUMBER VV	CHERRY TOMATO & CARROT VV RED CABBAGE VV	ROCKET&PARSLEY&SPINACH VV RADISH & CARROT & CUCUMBER
FRUIT	YOGHURT WITH HONEY (7) V	FRUIT VV	FRUIT VV	FRUIT VV	YOGHURT WITH HONEY (7) V
DATE DAY	28.03.2022 MONDAY	29.03.2022 TUESDAY	30.03.2022 WEDNESDAY	31.03.2022 THURSDAY	1.04.2022 FRIDAY
	LUNCH				
SOUP	CORN SOUP VV	TOMATO SOUP VV	ORGANIC LENTIL SOUP VV	LEGUMES SOUP VV (1,7)	
MAIN DISH	MEXICAN BEEF STEW	SHEPHERD'S PIE (3,4,7)	ORGANIC CHICKPEAS WITHOUT MEAT VV	MANCHURIAN CHICKEN	
GARNITURE	GREEN BEANS VV	STEAMED CAULIFLOWER VV	CELERY VV	OVEN ZUCCHINI VV	
SIDE DISH	ORGANIC RICE VV	ORGANIC PASTA (1) VV	ORGANIC RICE VV	ORGANIC BULGHUR PILAF (1) VV	
SALADS	ROCKET&PARSLEY&SPINACH VV CARROT & CHERRY TOMATO VV	RED CABBAGE VV CARROT & CHERRY TOMATO VV	ROCKET&PARSLEY&SPINACH VV RADISH & CUCUMBER VV	RED CABBAGE & CHERRY TOMATO VV ROCKET & CARROT VV	
FRUIT	YOGHURT WITH HONEY (7) V	FRUIT VV	FRUIT VV	FRUIT VV	

