

## HAFTALIK YEMEK LİSTESİ

	09 EYLÜL PAZARTESİ	10 EYLÜL SALI	11 EYLÜL ÇARŞAMBA	12 EYLÜL PERŞEMBE	13 EYLÜL CUMA
KAHVALTI	<ul style="list-style-type: none"> <li>HAŞLANMIŞ YUMURTA</li> <li>KAŞAR PEYNİR</li> <li>LOR PEYNİRİ</li> <li>BİTKİ ÇAYI</li> <li>DOMATES</li> <li>SALATALIK</li> <li>SİYAH ZEYTİN</li> <li>YEŞİL ZEYTİN</li> <li>ÇİLEK REÇELİ</li> </ul>	<ul style="list-style-type: none"> <li>MERCİMEK ÇORBA</li> <li>BEYAZ PEYNİR</li> <li>KAŞAR PEYNİR</li> <li>SÜT</li> <li>DOMATES</li> <li>SALATALIK</li> <li>SİYAH ZEYTİN</li> <li>YEŞİL ZEYTİN</li> <li>TAHİN</li> <li>PEKMEZ</li> </ul>	<ul style="list-style-type: none"> <li>FIRINDA OTLU PEYNİRLİ EKMEK</li> <li>BEYAZ PEYNİR</li> <li>KAŞAR PEYNİR</li> <li>SÜT</li> <li>DOMATES</li> <li>SALATALIK</li> <li>SİYAH ZEYTİN</li> <li>YEŞİL ZEYTİN</li> <li>ÇİKOLATA</li> </ul>	<ul style="list-style-type: none"> <li>PATATES SALATASI</li> <li>BEYAZ PEYNİR</li> <li>KAŞAR PEYNİR</li> <li>BİTKİ ÇAYI</li> <li>DOMATES</li> <li>SALATALIK</li> <li>SİYAH ZEYTİN</li> <li>YEŞİL ZEYTİN</li> <li>BAL</li> </ul>	<ul style="list-style-type: none"> <li>SİMİT</li> <li>BEYAZ PEYNİR</li> <li>LOR PEYNİR</li> <li>SÜT</li> <li>DOMATES</li> <li>SALATALIK</li> <li>SİYAH ZEYTİN</li> <li>YEŞİL ZEYTİN</li> <li>VIŞNE REÇELİ</li> </ul>
ÖĞLE YEMEĞİ	<ul style="list-style-type: none"> <li>YAYLA ÇORBA</li> <li>KAVURMA</li> <li>DÜĞÜN PİLAVI</li> <li>İRMİK HELVA</li> </ul>	<ul style="list-style-type: none"> <li>EZOĞELİN ÇORBA</li> <li>TAZE FASÜLYE</li> <li>BULGUR PİLAV</li> <li>SALATA</li> </ul>	<ul style="list-style-type: none"> <li>YARMA ÇORBA</li> <li>ROSTO KÖFTE</li> <li>PATATES PÜRESİ</li> <li>MEYVE</li> </ul>	<ul style="list-style-type: none"> <li>KURU FASÜLYE</li> <li>PIRINÇ PİLAV</li> <li>TURŞU</li> <li>SALATA</li> </ul>	<ul style="list-style-type: none"> <li>MANTAR ÇORBA</li> <li>KIYMALI PATATES OTURTMA</li> <li>ERİŞTE</li> <li>PUDİNG</li> </ul>
İKİNDİ APERATİFİ	<ul style="list-style-type: none"> <li>MEYVE TABAĞI</li> <li>ELMA</li> </ul>	<ul style="list-style-type: none"> <li>KISIR</li> <li>MARUL</li> <li>DOMATES</li> <li>SÜT</li> </ul>	<ul style="list-style-type: none"> <li>PUDİNG</li> <li>ELMA</li> </ul>	<ul style="list-style-type: none"> <li>PATATES SALATASI</li> <li>SÜT</li> </ul>	<ul style="list-style-type: none"> <li>SANDVİÇ</li> <li>BİTKİ ÇAYI</li> <li>ELMA</li> </ul>

## WEEKLY MEAL LIST

	09 SEPTEMBER MONDAY	10 SEPTEMBER TUESDAY	11 SEPTEMBER WEDNESDAY	12 SEPTEMBER THURSDAY	13 SEPTEMBER FRIDAY
BREAKFAST	<ul style="list-style-type: none"> <li>BOILED EGG</li> <li>KASHAR CHEESE</li> <li>CURD CHEESE</li> <li>HERBAL TEA</li> <li>TOMATO</li> <li>CUCUMBER</li> <li>BLACK OLIVE</li> <li>GREEN OLIVE</li> <li>STRAWBERRY JAM</li> </ul>	<ul style="list-style-type: none"> <li>LENTIL SOUP</li> <li>WHITE CHEESE</li> <li>KASHAR CHEESE</li> <li>MILK</li> <li>TOMATO</li> <li>CUCUMBER</li> <li>BLACK OLIVE</li> <li>GREEN OLIVE</li> <li>TAHINA (SESAME PASTE)</li> <li>GRAPE MOLASSES</li> </ul>	<ul style="list-style-type: none"> <li>HERBED CHEESE BREAD BAKED IN THE OVEN</li> <li>WHITE CHEESE</li> <li>KASHAR CHEESE</li> <li>MILK</li> <li>TOMATO</li> <li>CUCUMBER</li> <li>BLACK OLIVE</li> <li>GREEN OLIVE</li> <li>CHOCOLATE</li> </ul>	<ul style="list-style-type: none"> <li>POTATO SALAD</li> <li>KASHAR CHEESE</li> <li>CURD CHEESE</li> <li>HERBAL TEA</li> <li>TOMATO</li> <li>CUCUMBER</li> <li>BLACK OLIVE</li> <li>GREEN OLIVE</li> <li>HONEY</li> </ul>	<ul style="list-style-type: none"> <li>TURKISH BAGEL</li> <li>WHITE CHEESE</li> <li>KASHAR CHEESE</li> <li>MILK</li> <li>TOMATO</li> <li>CUCUMBER</li> <li>BLACK OLIVE</li> <li>GREEN OLIVE</li> <li>CHERRY JAM</li> </ul>
LUNCH	<ul style="list-style-type: none"> <li>YOGURT SOUP</li> <li>ROAST MEAT</li> <li>WEDDING PİLAV</li> <li>SALAD</li> </ul>	<ul style="list-style-type: none"> <li>EZOĞELİN SOUP</li> <li>GREEN BEANS</li> <li>BULGUR PİLAV</li> <li>SALAD</li> </ul>	<ul style="list-style-type: none"> <li>CRACKED WHEAT SOUP</li> <li>ROAST MEATLOAF</li> <li>MASHED POTATOES</li> </ul>	<ul style="list-style-type: none"> <li>DRIED BEANS</li> <li>TURKISH-STYLE WHITE BEANS STEW</li> <li>RICE PİLAV</li> <li>PICKLE</li> <li>SALAD</li> </ul>	<ul style="list-style-type: none"> <li>MUSHROOM SOUP</li> <li>GROUND MEAT AND POTATO CASSEROLE</li> <li>TURKISH NOODLES</li> <li>PUDİNG</li> </ul>
MID AFTERNOON SNACK	<ul style="list-style-type: none"> <li>FRUIT PLATE</li> <li>APPLE</li> </ul>	<ul style="list-style-type: none"> <li>TURKISH BULGUR SALAD (KISIR)</li> <li>LETTUCE, TOMATO</li> <li>MILK</li> </ul>	<ul style="list-style-type: none"> <li>PUDİNG</li> <li>APPLE</li> </ul>	<ul style="list-style-type: none"> <li>POTATO SALAD</li> <li>MILK</li> </ul>	<ul style="list-style-type: none"> <li>SANDWICH,</li> <li>HERBAL TEA</li> <li>APPLE</li> </ul>