

## HAFTALIK YEMEK LİSTESİ

	21 EKİM PAZARTESİ	22 EKİM SALI	23 EKİM ÇARŞAMBA	24 EKİM PERŞEMBE	25 EKİM CUMA
KAHVALTI	<ul style="list-style-type: none"> <li>ŞEHRİYE ÇORBA</li> <li>BEYAZ 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>VİŞNE REÇELİ</li> </ul>	<ul style="list-style-type: none"> <li>PATATESLİ OMLET</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>BAL</li> </ul>	<ul style="list-style-type: none"> <li>HAŞLANMIŞ YUMURTA</li> <li>KAŞAR PEYNİR</li> <li>BEYAZ PEYNİR</li> <li>BİTKİ ÇAYI</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>MENEMEN</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>GÜL REÇELİ</li> </ul>	<ul style="list-style-type: none"> <li>SİMİT</li> <li>ÜÇGEN PEYNİR</li> <li>BEYAZ PEYNİR</li> <li>SÜT</li> <li>DOMATES</li> <li>SALATALIK</li> <li>SİYAH ZEYTİN</li> <li>YEŞİL ZEYTİN</li> <li>TAHİN/PEKMEZ</li> </ul>
ÖĞLE YEMEĞİ	<ul style="list-style-type: none"> <li>SEBZE ÇORBA</li> <li>PATLICAN</li> <li>MUSAKKA</li> <li>SPAGETTI</li> <li>CACIK</li> <li>SALATA</li> </ul>	<ul style="list-style-type: none"> <li>ŞEHRİYE ÇORBA</li> <li>ET TANTUNİ</li> <li>AYRAN</li> <li>SALATA</li> </ul>	<ul style="list-style-type: none"> <li>ARABAŞI ÇORBA</li> <li>PATATES OTURTMA</li> <li>ERİŞTE</li> <li>SALATA</li> <li>TATLI</li> </ul>	<ul style="list-style-type: none"> <li>KURU FASÜLTE</li> <li>PIRINÇ PILAVI</li> <li>TURŞU</li> <li>SALATA</li> <li>CACIK</li> </ul>	<ul style="list-style-type: none"> <li>DOMATES ÇORBA</li> <li>HİNDİ KAVURMA</li> <li>BULGUR PILAVI</li> <li>HAYDARI</li> </ul>
İKİNDİ APERATİFİ	<ul style="list-style-type: none"> <li>MİLTÖY BÖREĞİ</li> <li>BİTKİ ÇAYI</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>ELMALI KURABIYE</li> <li>SÜT</li> <li>ELMA</li> </ul>	<ul style="list-style-type: none"> <li>MEYVE TABAĞI</li> <li>SÜT</li> </ul>	<ul style="list-style-type: none"> <li>SUPANGLE</li> <li>ELMA</li> </ul>

## WEEKLY MEAL LIST

	21 OCTOBER MONDAY	22 OCTOBER TUESDAY	23 OCTOBER WEDNESDAY	24 OCTOBER THURSDAY	25 OCTOBER FRIDAY
BREAKFAST	<ul style="list-style-type: none"> <li>VERMICELLI SOUP</li> <li>WHITE CHEESE</li> <li>KAŞAR CHEESE</li> <li>HERBAL TEA</li> <li>TOMATO</li> <li>CUCUMBER</li> <li>BLACK OLIVE</li> <li>GREEN OLIVE</li> <li>CHERRY JAM</li> </ul>	<ul style="list-style-type: none"> <li>POTATO OMELETTE</li> <li>WHITE CHEESE</li> <li>CURD CHEESE</li> <li>MILK</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>BOILED EGG</li> <li>KAŞAR 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>CHOCOLATE</li> </ul>	<ul style="list-style-type: none"> <li>MENEMEN</li> <li>WHITE CHEESE</li> <li>KAŞAR CHEESE</li> <li>MILK</li> <li>TOMATO</li> <li>CUCUMBER</li> <li>BLACK OLIVE</li> <li>GREEN OLIVE</li> <li>ROSE JAM</li> </ul>	<ul style="list-style-type: none"> <li>TURKISH BAGEL</li> <li>TRIANGLE CHEESE</li> <li>WHITE 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>
LUNCH	<ul style="list-style-type: none"> <li>VEGETABLE SOUP</li> <li>EGGPLANT</li> <li>MOUSSAKA</li> <li>SPAGHETTI</li> <li>CACIK</li> <li>SALAD</li> </ul>	<ul style="list-style-type: none"> <li>VERMICELLI SOUP</li> <li>MEAT TANTUNİ</li> <li>AYRAN</li> <li>SALAD</li> </ul>	<ul style="list-style-type: none"> <li>ARABAŞI SOUP (CHICKEN SOUP)</li> <li>POTATO CASSEROLE</li> <li>TURKISH NOODLES</li> <li>SALAD</li> <li>DESSERT</li> </ul>	<ul style="list-style-type: none"> <li>DRIED BEANS</li> <li>TURKISH-STYLE WHITE BEANS STEW</li> <li>RICE PILAF</li> <li>PICKLE</li> <li>SALAD</li> <li>CACIK</li> </ul>	<ul style="list-style-type: none"> <li>TOMATO SOUP</li> <li>TURKEY STIR-FRY</li> <li>BULGUR PILAF</li> <li>YOGURT DIP (HAYDARI)</li> </ul>
MID-AFTERNOON SNACK	<ul style="list-style-type: none"> <li>PUFF PASTRY PIE</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>APPLE COOKIE</li> <li>MILK</li> <li>APPLE</li> </ul>	<ul style="list-style-type: none"> <li>FRUIT PLATE</li> <li>MILK</li> </ul>	<ul style="list-style-type: none"> <li>SUPANGLE</li> <li>APPLE</li> </ul>