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|  | **SABAH KAHVALTISI/BREAKFAST** | **ÖĞLE YEMEĞİ/LUNCH** | **İKİNDİ KAHVALTISI/AFTERNOON SNACKS** |
| **01.03.2017****ÇRŞ/WED.** | **HAŞLANMIŞ YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal ), BİTKİ ÇAYI/ BOILED EGGS, STANDARD BREAKFAST(cheese, olive, molasses with tahini, honey) HERBALTEA** | **ETLİ BARBUNYA, BULGUR PİLAVI, CACIK/ CRANBERRY BEANS WITH MEAT, RICE OF WHEAT GRAINS, CUCUMBER YOGURT** | **ISLAK KURABİYE, MEYVE/ WET COOKIES, FRUIT** |
| **02.03.2017****PRŞ/THUR.** | **PATATESLİ YUMURTA,SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal,) BİTKİ ÇAYI/ POTATO EGGS, STANDARD BREAKFAST, HERBAL TEA** | **ETLİ DÜĞÜN ÇORBASI, FIRNDA KARNABAHAR, PİRİNÇ PİLAV, HAVUÇ SALATASI/ SOUP, BAKED CAULI, RICE, CARROT SALAD** | **PİŞİ, AYRAN/ HOME-MADE PUFF PASTRY, AYRAN** |
| **03.03.2017****CUMA/FRID.** |  **KIZARMIŞ EKMEK, SÜTLÜ YUMARTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal), SÜT/ TOASTED BREAD, EGG, STANDARD BREAKFAST, MILK** | **KURU FASULYE, PİRİNÇ PİLAVI, SALATA/ DRIED BEANS, RICE, SALAD** | **MİNİ POĞAÇA, AYRAN/ HOME-MADE PASTRY, AYRAN** |
| **06.03.2017****PZTS/MON** | **TOST,SAHANDA YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) SÜT/ TOAST, EGG, STANDARD BREAKFAST, MILK** | **YOĞURT ÇORBA, GARNİTÜRLÜ HİNDİ, ŞEHRİYE PİLAVI, SALATA/ SOUP, TURKEY, RICE, SALAD** | **KANEPE, MEYVE/ CANEPE, FRUİT** |
| **07.03.2017****SALI/TUE.** | **KIYMALI YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) SÜT/ MINCED MEAT EGG, STANDARD BREAKFAST, MILK** | **HAVUÇ ÇORBA, MANTI, SALATA/ SOUP, STEAMED DUMPLING, SALAD** | **ISLAK KEK, MEYVE TABAĞI/ BROWNIE, FUİT** |
| **08.03.2017****ÇRŞ/WED.** | **OMLET , SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) SÜT/ OMELETTE, STANDARD BREAKFAST, MILK** | **KIRMIZI MERCİMEK ÇORBA, ETLİ-ISPANAKLI KOL BÖREĞİ, AYRAN/ SOUP, ROLLED PASTRY WITH MEAT AND SPINACH, AYRAN** | **SÜTLAÇ/ RICE PUDDING** |
| **09.03.2017****PRŞ/THUR.** | **HAŞLANMIŞ YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez ,bal ) BİTKİ ÇAYI/ BOILED EGGS, STANDARD BREAKFAST, HERBAL TEA** | **EZOGELİN ÇORBA, KIYMALI KABAK YEMEĞİ, MAKARNA ,AYRAN/ SOUP, ZUCCHINI WITH MEAT, PASTA, AYRAN** | **SUSAMLI HALKA, ELMA/SESAME RINGS, FRUİT** |
| **10.03.2017****CUMA/FRID.** | **FIRINDA KAŞARLI EKMEK, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) SÜT/ BAKED BREAD WITH CHEESE, STANDARD BREAKFAST, MILK**  |  **ETLİ NOHUT, PİRİNÇ PİLAVI, CACIK/ CHICKPEAS WITH MEAT, RICE, CUCUMBER YOGURT** | **SAKIZLI MUHALLEBİ, MEYVE/ MASTIC-GUM PUDDING, FRUIT** |
| **13.03.2017****PZTS/ MON.** | **SİMİT , SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) SÜT/ SIMIT, STANDARD BREAKFAST, MILK** | **EKŞİLİ KÖFTE, FIRINDA BEŞAMEL SOSLU MAKARNA, CACIK/ MEATBALLS WITH RICE IN EGG AND LEMON SAUCE, BAKED PASTA WITH BECHAMEL SAUCE, CUCUMBER TOGURT** | **TAHİNLİ KURABİYE/ TAHINA COOKIES** |
| **14.03.2017****SALI/TUE.** |  **TOST, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) SÜT/ TOAST, STANDARD BREAKFAST, MILK** | **MERCİMEKLİ ERİŞTE, KADINBUDU KÖFTE,PÜRE, HAVUÇ SALATASI/ NOODLE WTIH LENTIL, MEAT, POTATO PUREE, CARROT SALAD** | **YAŞ PASTA, MEYVE/ CAKE, FRUIT** |
| **15.03.2017****ÇRŞ/WED.** | **FIRINDA EKMEK KIZARTMASI, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) SÜT/ BAKED BREAD, STANDARD BREAKFAST, MILK** | **KIYMALI TARHANA ÇORBASI, KARNABAHAR TOPLARI, ŞEHRİYE PİLAV, SALATA/ SOUP, CAULI BALLS, RICE, SALAD** | **ÜZÜMLÜ KURABİYE, MEYVE/ COOKIE WITH GRAPES, FRUIT** |
| **16.03.2017****PRŞ/THUR.** | **MANTARLI YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) SÜT/ MUSHROOM EGG, STANDARD BREAKFAST, MILK** | **ETLİ NOHUT, PİRİNÇ PİLAVI, SALATA/ CHICKPEAS WITH MEAT, RICE, SALAD** | **SUSAMLI HALKA, MEYVE/ SESAME RINGS, FRUIT** |
| **17.03.2017****CUMA/FRID.** | **TOST , SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal,) IHLAMUR/ TOAST, STANDARD BREAKFAST, LINDEN TEA** | **SEBZE TÜRLÜ, KIYMALI MERCİMEK YEMEĞİ, ERİŞTE MAKARNA, SALATA/ VEGETABLE MEAL, LENTIL WITH MEAT, NOODLE, SALAD** | **MİLFÖY BÖREĞİ, MEYVE/ PUFF PASTRY, FRUIT** |
| **20.03.2017****PZTS/MON.** | **HAŞLANMIŞ YUMURTA, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) SÜT/ BOILED EGGS, STANDARD BREAKFAST, MILK** | **TARHANA ÇORBA, KABAK DOLMA, YOĞURT/ SOUP, STUFFED ZUCCHINI, YOGURT** | **SİGARA BÖREĞİ, POTAKAL SUYU/ SPRING ROLLS, ORANGE JUICE** |
| **21.03.2017****SALI/TUE.** | **SİMİT, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) SÜT/ SIMIT, STANDARD BREAKFAST, MILK** | **KREMALI MANTAR ÇORBA, FIRINDA PATATES OTURTMA, ŞEHRİYELİ PİLAV, YOĞURT/ SOUP, BAKED POTATO WITH MEAT, RICE, YOGURT** | **KURABİYE, MEYVE/ COOKIES, FRUIT** |
| **22.03.2017****ÇRŞ/WED.** | **FIRINDA KAŞARLI EKMEK, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) BİTKİ ÇAYI/ BAKED BREAD WITH CHEESE, STANDARD BREAKFAST, HERBAL TEA** | **TARHANA ÇORBA, EV USULÜ KIYMALI PİDE, AYRAN/ SOUP, ROUND AND FLAT BREAD WITH MEAT, AYRAN** | **ELMALI TURTA/ APPLE PIE** |
| **23.03.2017****PRŞ/THUR.** | **KREP, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal,), SÜT/ PANCAKE, STANDARD BREAKFAST, MILK** | **YEŞİL MERCİMEKLİ UN ÇORBA, ETLİ LAHANA SARMA, YOGURT/ SOUP, STUFFED CABBAGE WITH MEAT, YOGURT** | **SİMİT, MEYVE/ SIMIT, FRUIT** |
| **24.03.2017****CUMA/FRID.** | **MANTARLI OMLET, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal,) SÜT/ MUSHROOM EGG, STANDARD BREAKFAST** | **DOMATES ÇORBA, PIRASA, GEZEN TAVUK SOTE/ SOUP, LEAK, FREE-RANGE CHICKEN** | **ISLAK KURABİYE/ WET COOKIE** |
| **27.03.2017****PZTS/MON.** | **SİMİT, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal) SÜT/ SIMIT, STANDARD BREAKFAST, MILK** | **EKŞİLİ KÖFTE, BEŞAMEL SOSLU MAKARNA/ MEAT BALL WITH LEMON SAUCE, PASTA WITH BECHAMEL SAUCE** | **TAHİNLİ KURABİYE, MEYVE/ TAHINA COOKIES, FRUIT** |
| **28.03.2017****SALI/TUE.** | **OMLET , SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal,) SÜT/ OMELETTE, STANDARD BREAKFAST, MILK** | **TARHANA ÇORBA, PİZZA, AYRAN/ SOUP, PIZZA, AYRAN** | **MERCİMEK KÖFTE, KOMPOSTO SUYU/ LENTIL BALLS, COMPOTE JUICE** |
| **29.03.2017****ÇRŞ/WED.** | **TOST, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal,) SÜT/ TOAST, STANDARD BREAKFAST, MILK** | **KIRMIZI MERCİMEK ÇORBA,BİBER DOLMA ,SALATA, YOĞURT/ SOUP, STUFFED GREEN PEPPER, SALAD, YOGURT** | **KISIR , BİTKİ ÇAYI/ BURGHUL SALAD, HERBAL TEA** |
| **30.03.2017****PRŞ/THUR.** | **KREP, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal,) SÜT/ PANCAKE, STANDARD BREAKFAST, MILK** | **KURU FASULYE, PİRİNÇ PİLAVI, AYRAN, SALATA/ DRIED BEANS, RICE, AYRAN, SALAD** | **PİŞİ, AYRAN/ HOME-MADE PUFF PASTRY, AYRAN** |
| **31.03.2017****CUMA/FRID.** | **KIZARMIŞ EKMEK, SERPME KAHVALTI (peynir, zeytin, tahin-pekmez, bal,) SÜT/ BAKED BREAD, STANDARD BREAKFAST, MILK** | **YAYLA ÇORBA, DALYAN KÖFTE. BULGUR PİLAVI, MEVSİM SALATA/ SOUP, MEAT BALLS, RICE OF WHEAT GRAINS, SALAD** | **KAKAOLU KEK, BİTKİ ÇAYI/ COCOA CAKE, HERBAL TEA** |

**TAD PRESCHOOL MAVİŞEHİR MART AYI YEMEK LİSTESİ**

 **TAD PRESCHOOL MARCH MONTHLY MENU**

 **KULLANILAN MARKALAR/OUR SUPPLIERS: PINAR ET VE SÜT ÜRÜNLERİ/DAIRY PRODUCTS, BALPARMAK/HONNEY, KOR GEZEN TAVUK/FREE-RANGE CHICKEN,**

**ATATÜRK ORMAN ÇİFTLİĞİ/DAIRY PRODUCTS, DOĞAL ZEYTİNYAĞI/NATURAL OLIVE OIL**

 **EMİNE ÖZTÜRK**

 **TAD PRESCHOOL MAVİŞEHİR**

 **KURULUŞ MÜDÜRÜ**