

ZİBA CATERING
UNIVERSITY
JANUARY 2020 FOOD MENU

		1.01.2020		2.01.2020		3.01.2020			
		WEDNESDAY		THURSDAY		FRIDAY			
		117	MUSHROOM SOUP	128	TARHANA SOUP	120	YAYLA SOUP		
		174	BAHÇIVAN SOUP	142	WEDDING SOUP	165	LENTIL SOUP		
		255	TEKİRDAĞ MEATBALLS	351	CHICKEN WITH VEGETABLES	285	STEAK WITH SAUCE		
		244	GRILLED CHICKEN	250	STEAK WITH POMEGRANATE SOUR	273	CHICKEN SKEWERS		
		146	RICE ROASTING	192	MEATLESS CHICKPEAS	141	MASHED KEBAB SANDAL		
		320	PASTA WITH SAUCE	372	RICE PILAV	377	BULGUR RICE WITH NOODLES		
		332	MIXED ROAST	376	WHEAT RICE	320	RAVIOLI PASTA		
		60	FRUITS	60	FRUITS	60	FRUITS		
6.01.2020		7.01.2020		8.01.2020		9.01.2020		10.01.2020	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		165	LENTIL SOUP	151	WHEAT SOUP	134	VEGETABLE SOUP	154	LENTIL SOUP
		146	LEEK POTATO SOUP	130	CHICKEN SOUP	128	TARHANA SOUP	117	MUSHROOM SOUP
		200	MIXED WRAPPING	245	CHINESE DUMPLINGS	350	CHICKEN FAJITA	335	ALI NAZIK KEBAB
		215	PİLİÇ SUPREME	345	MASHED SEZELI KEBAB	245	KEBAB WITH VEGETABLES IN CASSEROLE	306	POTATO OVEN CHICKEN
		145	MEATLESS CAULIFLOWER	156	MEATLESS CELERY	341	DRIED BEANS	163	MEATLESS CABBAGE ROASTING
		385	PASTA WITH NEAPOLITAN SAUCE	376	WHEAT RICE	378	RICE RICE WITH NOODLES	105	BOILED VEGETABLES
		110	OLIVE FRESH BEANS	293	RICE RICE WITH ALMONDS	328	CIGARETTE BURRITO	309	CHEESE NOODLES
		60	FRUITS	60	FRUITS	60	FRUITS	60	FRUITS
13.01.2020		14.01.2020		15.01.2020		16.01.2020		17.01.2020	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		120	YAYLA SOUP	155	TOMATO SOUP WITH VEGETABLE SAUCE	114	DADAŞ SOUP	176	NOODLE SOUP
		108	KARALAHANA SOUP	215	WINTER SPRING SOUP	128	TARHANA SOUP	165	LENTIL SOUP
		328	MEAT TANTUNI	306	BAKED CHICKEN BUT	341	ALIPAŞA KÖFTE	328	MEAT TANTUNI
		245	DRY MEATBALLS	335	ALI NAZIK KEBAB	353	ROAST BEEF	255	MEXICAN CHICKEN
		234	MUSHROOM SAUTÉ	226	MEATLESS BRUSSELS CABBAGE	145	MEATLESS CAULIFLOWER	172	MEATLESS LEEK
		328	WATER BURRITO	372	BUTTERED RICE RICE	285	PASTA WITH VEGETABLE SAUCE	377	EGYPTIAN RICE RICE
		293	RICE RICE WITH ALMONDS	320	PASTA WITH BASIL SAUCE	380	BULGUR RICE WITH CHICKPEA	215	DRY BEAN WITH OLIVE OIL
		60	FRUITS	60	FRUITS	60	FRUITS	60	FRUITS
20.01.2020		21.01.2020		22.01.2020		23.01.2020		24.01.2020	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		154	LENTIL SOUP	138	PIRİNÇ ÇORBA	142	WEDDING SOUP	165	LENTIL SOUP
		131	TRİPE SOUP	165	LENTIL SOUP	117	MUSHROOM SOUP	138	RICE SOUP
		358	MEAT SAUTÉED (WITHOUT THIRSTY POTATOES ETC.)	255	BLACK CABBAGE WRAP	351	MEATY CHICKPEAS	235	BEEF STEWING
		245	AUBERGINE MOUSSAKA	329	SHEPHERD'S ROASTING	355	MASHED WOMANBUDU DUMPLINGS	248	SAUTÉED CHICKEN IN MUSTARD SAUCE
		155	SPINACH GRATIN	217	POTATO STUFFING	156	MEATLESS CELERY	168	MEATLESS KIND
		308	ARM BURRITO	255	PASTA WITH SAUCE	378	RICE RICE WITH NOODLES	380	BULGUR RICE WITH CHICKPEA
		378	NOODLE RICE RICE	376	WHEAT RICE	325	OLIVE FRESH BEANS	364	PEPPERED COUSCOUS RICE
		60	FRUITS	60	FRUITS	60	FRUITS	60	FRUITS
27.01.2020		28.01.2020		29.01.2020		30.01.2020		31.01.2020	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		130	CHICKEN SOUP	154	LENTIL SOUP	165	LENTIL SOUP	128	TARHANA SOUP
		145	MENGEN SOUP	151	WHEAT SOUP	155	HEHRIYE SOUP	134	VEGETABLE SOUP
		306	CRISPY CHICKEN	351	KAĞIT KEBAB	200	MIXED DRY STUFFING	340	OVEN CHICKEN
		232	COLD MEAT TORTILLA	258	FISH STEAMING	352	HARPUT DUMPLINGS	355	STEW MEAT KIND
		215	MEATLESS LENTILS	192	MEATLESS BROCCOLI	215	PIRPIRİM BORANI	146	BÜRÜKSEL KALE WITHOUT MEAT
		372	RICE PILAV	376	BUTTERED PASTA	352	ROSE BURRITO	325	BÜRÜKSEL KALE WITHOUT MEAT
		246	ZUCCHINI WITH SAUCE	377	EGYPTIAN RICE RICE	255	BEANS WITH OLIVE OIL	375	MACARONI AND CHEESE
		60	FRUITS	60	FRUITS	60	FRUITS	60	FRUITS

Malzeme bulunmadığı takdirde mürüde zorunlu değişiklikler yapılabilir. Bilginize sunar.