

22 Ağustos 2022 Pazartesi / Monday, August 22, 2022	Öğle Yemeği / Lunch	Mantar Çorba / Cream of mushroom soup Etli Nohut / Chickpeas with meat Şehriyeli Pirinç Pilavı / Rice with vermicelli Yoğurt / Yogurt Vejetaryen Nohut / Chickpeas (Vegetarian)	1079 kkal / 1011 kkal
	Akşam Yemeği / Dinner	Kırmızı Mercimek Çorba / Red lentil soup Rosto Köfte (Püre) / Roasted meatballs served with mashed potatoes Mücver (Yoğurt) / Fried vegetable patties (Zucchini, egg, flour) served with plain yogurt Çilekli Puding / Strawberry pudding Vejetaryen Yufkada Sebzeli Dolma / Vegetable wrap (Vegetarian)	1250 kkal / 1328 kkal
23 Ağustos 2022 Salı / Tuesday, August 23, 2022	Öğle Yemeği / Lunch	Domates Çorba / Tomato soup Et Döner (Bulgur Pilavı) / Doner kebab (veal meat) served with pounded wheat Çoban Salata / Shepherd's salad Sütlü İrmik Tatlısı / Semolina wheat cooked with milk and sugar Vejetaryen Brokoli / Broccoli (Vegetarian)	1154 kkal / 906 kkal
	Akşam Yemeği / Dinner	Şafak Çorba / Creamy carrot soup Kıymalı Ispanak (Yoğurt) / Spinach with ground beef served with plain yogurt Spagetti Napoliten / Spaghetti neapolitan Erik / Plums Vejetaryen Ispanak Kavrurma (Yoğurt) / Braised spinach served with plain yogurt (Vegetarian)	897 kkal / 829 kkal
24 Ağustos 2022 Çarşamba / Wednesday, August 24, 2022	Öğle Yemeği / Lunch	Şehriye Çorba / Vermicelli soup Tarhanalı Köfte / Meatballs with tarhana (Mixture of dried yogurt and vegetables) Kaşarlı Cevizli Erişte / Noodle with walnuts and cheese Karışık Salata / Mixed salad Vejetaryen Fırın Patates / Baked potatoes (Vegetarian)	1113 kkal / 947 kkal
	Akşam Yemeği / Dinner	Alaca Çorba / Alaca soup (Wheat, chickpeas) Piliç But Kavrurma (Sebze Haşlama) / Braised chicken served with steamed vegetables Domatesli Pirinç Pilavı / Tomato rice Yoğurt / Yogurt Vejetaryen Yeşil Mercimek / Green lentils (Vegetarian)	1101 kkal / 997 kkal
25 Ağustos 2022 Perşembe / Thursday, August 25, 2022	Öğle Yemeği / Lunch	Ezogelin Çorba / Ezogelin soup (Lentil, whole wheat and rice) Karışık Musakka / Mixed vegetable moussaka Peynirli Makarna / Pasta with cheese Pudingli Pasta / Icebox cake Vejetaryen Karışık Musakka / Mixed vegetable moussaka (Vegetarian)	1294 kkal / 1184 kkal
	Akşam Yemeği / Dinner	Lebeni Çorba / Lebni soup (Wheat and chickpeas) Olimpiyat Köfte (Dilim Patates) / Meatballs topped with cheese and vegetables served with fried potatoes Akdeniz Salata / Mediterranean salad Tulumba Tatlısı / Fried pastry soaked in syrup Vejetaryen Yufkada Mantarlı Dolma / Mushroom wrap (Vegetarian)	1339 kkal / 1325 kkal
26 Ağustos 2022 Cuma / Friday, August 26, 2022	Öğle Yemeği / Lunch	Yoğurt Çorba / Yogurt soup Kıtır Piliç (Sebze Haşlama) / Fried chicken served with steamed vegetables Fesleğen Soslu Makarna / Pasta with basil sauce Krem Şokola / Cream chocolate Vejetaryen Taze Fasulye / Green beans (Vegetarian)	1326 kkal / 1063 kkal
	Akşam Yemeği / Dinner	Karnabahar Çorba / Cauliflower soup Etli Bezelye / Green peas with meat Pirinç Pilavı / Rice Karpuz / Watermelon Vejetaryen Bezelye / Green peas (Vegetarian)	896 kkal / 828 kkal
27 Ağustos 2022 Cumartesi / Saturday, August 27, 2022	Öğle Yemeği / Lunch	Minestrone Çorba / Minestrone soup Meksika Köfte (Domates-Biber) / Stuffed meatballs served with mushroom, cheese, tomatoes and green peppers Zeytinyağlı Biber Dolma / Bell peppers stuffed with rice and onion Üzüm / Grapes Vejetaryen İçli Köfte (Domates - Biber) / Pounded wheat balls stuffed with spinach and onion served with tomatoes and green peppers (Vegetarian)	931 kkal / 801 kkal
	Akşam Yemeği / Dinner	Tarhana Çorba / Tarhana soup (Dried yogurt, tomato) Sebzeli Kebap / Baked meat with vegetables Arpa Şehriye Pilavı / Orzo Limonlu Keşkül / Vanilla pudding with lemon Vejetaryen Sebze Kavrurma (Yoğurt) / Braised vegetables served with plain yogurt (Vegetarian)	1303 kkal / 1142 kkal
28 Ağustos 2022 Pazar / Sunday, August 28, 2022	Öğle Yemeği / Lunch	Köylü Çorba / Green lentil soup with noodles Patlıcan Musakka / Eggplant moussaka Bulgur Pilavı / Pounded wheat Yoğurt / Yogurt Vejetaryen Patlıcan Kavrurma / Braised eggplant (Vegetarian)	885 kkal / 838 kkal
	Akşam Yemeği / Dinner	Ayranaşı Çorba / Ayranaşı soup (Chickpeas, wheat and plain yogurt) Piliç Tandır (Püre) / Chicken tendour served with mashed potatoes Amasra Salata / Amasra salad Kemalpaşa Tatlısı / Kemalpaşa dessert (Pastry soaked in syrup) Vejetaryen Brokoli / Broccoli (Vegetarian)	1216 kkal / 994 kkal