

# ESKISEHIR TECHNICAL UNIVERSITY

## JUNE 2023 FOOD MENU

			01.06.2023 Thursday			02.06.2023 Friday		
	Amount	Calorie		Quantity	Calories		Quantity	Calories
LENTIL SOUP	250 gr.	140	NON SOUP	250 gr.	135	NON SOUP	250 gr.	135
CHICKPEAS	200 gr.	287	CHICKEN SAUTET	200 gr.	338	CHICKEN SAUTET	200 gr.	338
PLAIN RICE RICE	160 gr.	259	BULGUR PILA WITH VEGETABLES	150 gr.	172	BULGUR PILA WITH VEGETABLES	150 gr.	172
PICKLE	100 gr.	10	TRUCK	185 gr.	76	TRUCK	185 gr.	76

05.06.2023 Monday			Tuesday, 06.06.2023			07.06.2023 Wednesday			08.06.2023 Thursday			09.06.2023 Friday		
	Amount	Calorie		Quantity	Calories		Quantity	Calories		Amount	Calorie		Quantity	Calories
LENTIL SOUP	250 gr.	140	TOMATO SOUP	250 gr.	79	Chicken Soup with Noodles	250 g	210	HIGHLAND SOUP	250 gr.	118	TARHANA SOUP	250 gr.	151
FINGER KEBAB	180 gr.	265	Spinach	220 gr.	96	VIŞE MUSAKKA	200 gr.	124	ROASTED MEATBALL	100 gr. + Puree (60 gr.)	270	OVEN CHICKEN	205 gr.	433
CORN RICE RICE	150 gr.		PASTA WITH SAUCE	150 gr.	230	RICE WITH BARLEY NON PILAVI	160 gr.	259	PASTA WITH CHEESE	150 gr.	230	BULGUR PILA WITH NON NUMBER 150	150 gr.	172
AYRAN	175 ml.	58	BAKLAVA	120 gr.	494	TRUCK	185 gr.	76	FRUIT	100 gr.	95	SALAD	90 gr.	28

12.06.2023 Monday			13.06.2023 Tuesday			14.06.2023 Wednesday			15.06.2023 Thursday			16.06.2023 Friday		
	Amount	Calorie		Quantity	Calories		Quantity	Calories		Amount	Calorie		Quantity	Calories
VEGETABLE SOUP	250 g	108	LENTILS SOUP	250 gr.	140	YARN SOUP	250 gr.	118	MUSHROOM SOUP	250 gr.	199	TARHANA SOUP	250 gr.	151
HARICOT BEAN	200 g	287	CHICKEN ROTI WITH MUSHROOM	190 gr.	186	MINED FRESH BEANS 140 gr		69	OVEN MEATBALLS	200 gr.	596	FOOD TYPES	200 gr.	110
PLAIN RICE RICE	160 gr.	259	SPAGETTI NAPOLITAN	150 gr.	203	Noodles	140 gr.	344	PASTA WITH PASTE	150 gr.	258	BULGUR PILA	150 gr.	172
SEASONAL SALAD	90 gr.	28	AYRAN	175 ml.	58	YOGURT BOWL	200 gr.	122	SOFTWARE	220 ml.	99	FRUIT	120 gr.	95

19.06.2023 Monday			20.06.2023 Tuesday			21.06.2023 Wednesday			22.06.2023 Thursday			23.06.2023 Friday		
	Amount	Calorie		Quantity	Calories		Quantity	Calories		Amount	Calorie		Quantity	Calories
NON NON SOUP	250 g	135	TOMATO SOUP	250 gr.	79	LENTILS SOUP	250 g	140	WEDDING SOUP	250 gr.	116	TOGA SOUP	250 gr.	127
CHICKPEAS	200 g	287	FITTING POTATOES	200 gr.	428	ravoli	200 g	339	Chicken Doner	100 gr. + Garn. (60 gr.)	223	YEMİR MEATBALLS	200 gr.	197
WIRE NON RICE PILAVI	160 gr.	259	SAUCE PASTA	150 gr.	230	POTATO SALAD	175 gr.	124	RICE WITH BARLEY NON PILAVI	160 gr.	259	Noodles	140 gr.	344
PICKLE	100 g	10	TRUCK	185 gr.	76	TUUMBA DESSERT	110 gr.	312	AYRAN	175 ml.	58	SEASONS SALAD	90 gr.	28

26.06.2023 Monday			Tuesday, 27.06.2023			28.06.2023 Wednesday			29.06.2023 Thursday			30.06.2023 Friday		
	Amount	Calorie		Quantity	Calories		Quantity	Calories		Quantity	Calories		Quantity	Calories
ADMINISTRATIVE LEAVE			ADMINISTRATIVE LEAVE			Sacrifice Day 1			DAY OF SACRIFICE DAY 2			DAY OF SACRIFICE 3rd DAY		