

ESKISEHIR TECHNICAL UNIVERSITY (ESTU)

JULY 2023 GENERAL MEAL MENU

03.07.2023 Monday			04.07.2023 Tuesday			05.07.2023 Wednesday			06.07.2023 Thursday			07.07.2023 Friday			
		Quantity			Quantity			Quantity			Quantity			Quantity	
		Calories			Calories			Calories			Calories			Calories	
LENTIL SOUP	250 gr.	113	CHICKEN WATER SOUP	250 gr.	90	BOWL SOUP	250 gr.	118	TOMATO SOUP	250 gr.	79	VEGETABLE SOUP WITH	250 gr.	108	
CHICKEN DISH	200 gr.	287	MINESS SPINISH	220 gr.	96	CHICKEN DONER	100 gr. + Garn.	223	SUMMER TYPE WITH FOOD	CREAM (WINTER)	200 gr.	149	ravioli, fresh bean with	170 gr.	288
WITH NUT RICE PILAVI	160 gr.	335	PASTA WITH SAUCE	150 gr.	258	PILA	150 gr.	214	PLAIN RICE RICE	160 gr.	259	olive oil,	140 gr.	69	
TRUCK	185 gr.	76	TUUMBA DESSERT	110 gr.	312	AYRAN	175 ml.	58	SALAD	90 gr.	28	fruit (watermelon)	120 gr.	36	

10.07.2023 Monday			11.07.2023 Tuesday			12.07.2023 Wednesday			13.07.2023 Thursday			14.07.2023 Friday			
		Quantity			Quantity			Quantity			Quantity			Quantity	
		Calories			Calories			Calories			Calories			Calories	
LENTIL SOUP	250 gr.	140	MUSHROOM SOUP	250 gr.	97	CHICKEN SOUP	250 gr.	90	NON NON SOUP	250 gr.	237	BOWL SOUP	110 gr.	250 gr.	118
HARICOT BEAN	200 gr.	287	TAS KEBAB	180 gr.	272	MEATHOOD - YOGURT Stuffed Peppers	250 gr.	373	WOMEN'S MEATBALLS	+ Garn.	455	FARM KEBAB	180 gr.	257	
RICE WITH BARLEY NON PILAVI	160 gr.	335	PILA	150 gr.	214	PASTA WITH SAUCE	150 gr.	258	PILA	150 gr.	214	NOODLE	140 gr.	239	
SEASONAL SALAD	90 gr.	28	TRUCK	185 gr.	76	MIXED COMPOSTO 120 gr.		153	SALAD	90 gr.	28	AYRAN	175 ml.	58	

17.07.2023 Monday			Tuesday, 18.07.2023			19.07.2023 Wednesday			20.07.2023 Thursday			21.07.2023 Friday		
		Quantity			Quantity			Quantity			Quantity			Quantity
		Calories			Calories			Calories			Calories			Calories
TOMATO SOUP	250 gr.	79	MUSHROOM SOUP	250 gr.	97	TARHANA SOUP	250 gr.	205	LENTILS SOUP	250 gr.	140	NON NON SOUP	250 gr.	237
CHICKEN DISH	200 gr.	287	SAUTET	200 gr.	338	CHICKEN SAUTET	170 gr.	288	WISE MUSAKKA	200 gr.	124	MEAT FRESH BEAN	200 gr.	62
WITH NUT RICE PILAVI	160 gr.	335	PILA	150 gr.	214	SAKSUKA	120 gr.	73	PLAIN RICE RICE	160 gr.	259	PASTA WITH SAUCE	150 gr.	258
TRUCK	185 gr.	76	FRUIT (PEACH)	120 gr.	96	SEASONS SALAD	90 gr.	28	BAKLAVA	120 gr.	494	AYRAN	175 ml.	58

24.07.2023 Monday			Tuesday, 25.07.2023			26.07.2023 Wednesday			27.07.2023 Thursday			28.07.2023 Friday		
		Quantity			Quantity			Quantity			Quantity			Quantity
		Calories			Calories			Calories			Calories			Calories
VEGETABLE SOUP	250 gr.	108	LENTILS SOUP	250 gr.	140	EZOGLIN SOUP	250 gr.	113	NON NON SOUP	250 gr.	237	TOMATO SOUP	250 gr.	79
DRIED BEAN NON	200 gr.	287	OVEN CHICKEN	205 gr.	283	IZMIR MEATBALL	200 gr.	197	MIXED SITTING	140 gr.	299	FINGER KEBABS	180 gr.	265
RICE PILAVI	160 gr.	335	RICE	160 gr.	259	PASTA WITH SAUCE	150 gr.	258	Noodles with Walnut	140 gr.	265	RICE	160 gr.	259
CHOWCHOW	100 gr.	10	AYRAN	175 ml.	58	SEASONS SALAD	90 gr.	28	MIXED COMPOSTO 120 gr.	153	AYRAN	175 ml.	58	

31.07.2023 Monday		
		Quantity
		Calories
YAYLA SOUP	250 gr.	118
Meatballs	gr. + Garn.	455
PASTA WITH SAUCE	150 gr.	258
TRUCK	185 gr.	76