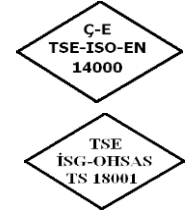
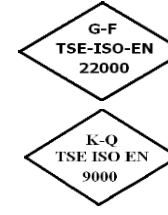




SUNA ATA ATUN PRIMARY SCHOOL



GÜN	PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TARİH-DATE	24.03.2025	25.03.2025	26.03.2025	27.03.2025	28.03.2025
SABAH KAHVALTI Breakfast Menu	SÜT 200 ML PAKET	BİTKİ ÇAYI	SÜT 200 ML PAKET	SÜT 200 ML PAKET	SÜT 200 ML PAKET
	MILK	HERBAL TEA	MILK	MILK	MILK
	130 kkal, 6,8 gr	1 kkal	130 kkal, 6,8 gr	130 kkal, 6,8 gr	130 kkal, 6,8 gr
	HAŞLANMIŞ YUMURTA	OMLET	HAŞLANMIŞ YUMURTA	OMLET	HAŞLANMIŞ YUMURTA
	BOILED EGG	OMELETTE	BOILED EGG	OMELETTE	BOILED EGG
	91.3 kkal, 5 gr	94.4 kkal, 6.7 gr	91.3 kkal, 5 gr	94.4 kkal, 6.7 gr	91.3 kkal, 5 gr
	KAŞAR PEYNİR	KREM BEYAZ PEYNİR	ÜÇGEN PEYNİR	HELLİM	BEYAZ PEYNİR
	KASAR CHEESE	CREAMY FETA CHEESE	CREAM CHEESE	HALLOUMI	FETA CHEESE
	127.6 kkal, 5.7 gr	39 kkal, 1.5 gr	39 kkal, 2.4 gr	113.4 kkal, 8.3 gr	122.4 kkal, 2.7 gr
	SİYAH ZEYTİN	KARIŞIK ZEYTİN	SİYAH ZEYTİN	YEŞİL ZEYTİN	PİKNİK TEREYAĞ
	BLACK OLIVE	BLACK & GREEN OLIVES	BLACK OLIVE	GREEN OLIVE	BUTTER
	22.1 kkal, 0.2 gr	25.4 kkal, 0.2 gr	22.1 kkal, 0.2 gr	28.7 kkal, 0.3 gr	59.3 kkal, 0.1 gr
	ÇİLEK REÇELİ	KAYISI REÇELİ	PİKNİK BAL	VİŞNE REÇELİ	TAHİN-PEKMEZ
	STRAWBERRY JAM	APRICOT JAM	HONEY	CHERRY JAM	MOLASSES WITH TAHINI
51.6 kkal	50 kkal	61.3 kkal	50 kkal	87 kkal, 2 gr	
DOMATES SALATALIK	DOMATES SALATALIK	DOMATES SALATALIK	DOMATES SALATALIK	DOMATES SALATALIK	
TOMATO AND CUCUMBER	TOMATO AND CUCUMBER	TOMATO AND CUCUMBER	TOMATO AND CUCUMBER	TOMATO AND CUCUMBER	
14.8 kkal, 0.8 gr	14.8 kkal, 0.8 gr	14.8 kkal, 0.8 gr	14.8 kkal, 0.8 gr	14.8 kkal, 0.8 gr	
EKMEK	EKMEK	EKMEK	EKMEK	EKMEK	
BREAD	BREAD	BREAD	BREAD	BREAD	
142 kkal, 5 gr	142 kkal, 5 gr	142 kkal, 5 gr	142 kkal, 5 gr	142 kkal, 5 gr	
Kalori / Protein Calorie / Protein	579.4 kkal, 23.5 gr	366.6 kkal, 14.2 gr	500.5 kkal, 20.2 gr	573.3 kkal, 27.9 gr	646.8 kkal, 22.4 gr
ÖĞLE YEMEĞİ Lunch Menu	DOMATESLİ ŞEHRİYE ÇORBA	SEBZE ÇORBA	MERCİMEK ÇORBA	TARHANA ÇORBA	EZOĞELİN ÇORBA
	TOMATO ORZO SOUP	VEGETABLE SOUP	LENTIL SOUP	TARHANA SOUP	EZOĞELİN SOUP
	93.7 kkal, 1.8 gr	81.7 kkal, 1.3 gr	103.3 kkal, 7.7 gr	121 kkal, 4.6 gr	132.4 kkal, 4.6 gr
	FIRIN MAKARNA	ETLİ KURU FASÜLYE	TAVUK SOTE	ETLİ BEZELYE	İZMİR KÖFTE
	MINCED BEEF PASTA BAKE	WHITE BEAN & BEEF STEW	CHICKEN SAUTE	GREEN PEA & BEEF STEW	İZMİR-STYLE MEATBALLS
	278.2 kkal, 10 gr	208.9 kkal, 15.5 gr	116.6 kkal, 21.5 gr	231.4 kkal, 17 gr	197 kkal, 13.9 gr
	Z.Y.LI MEVSİM SEBZELERİ	PİRİNÇ PİLAVI	HELLİMLİ MAKARNA	BULGUR PİLAVI	MISIRLI PİRİNÇ PİLAVI
	BOILED VEGETABLES	RICE	PASTA WITH HALLOUMI	COOKED CRACKED WHEAT	RICE WITH CORNS
	52 kkal, 2.2 gr	166.3 kkal, 2.3 gr	191.1 kkal, 6.3 gr	142 kkal, 2.8 gr	222 kkal, 3.8 gr
	YOĞURT	YOĞURT	SALATA	YOĞURT	CACIK
	YOGURT	YOGURT	SALAD	YOGURT	TSATSIKI
69.1 kkal, 4 gr	69.1 kkal, 4 gr	13.1 kkal, 1 gr	69.1 kkal, 4 gr	71.2 kkal, 2.7 gr	
EKMEK	EKMEK	EKMEK	EKMEK	EKMEK	
BREAD	BREAD	BREAD	BREAD	BREAD	
142 kkal, 5 gr	142 kkal, 5 gr	142 kkal, 5 gr	142 kkal, 5 gr	142 kkal, 5 gr	
Kalori / Protein Calorie / Protein	635 kkal, 23 gr	668 kkal, 28.1 gr	566.1 kkal, 41.5 gr	705.5 kkal, 33.4 gr	764.6 kkal, 30 gr
İKİNDİ BESLENMESİ Mid-afternoon snack	PATATESLİ BÖREK	ÇİKOLATALI KRUVASAN	ELMA	KAZANDİBİ	NORLU AÇMA
	PASTRY WITH MASHED POTATO	CHOCOLATE CROISSANT	APPLE	BURNED MILK PUDDING	CHEESE PASTRY
	218 kkal, 4.5 gr	318 kkal, 4.3 gr	112.8 kkal, 0.6 gr	208 kkal, 3.4 gr	235 kkal, 5.2 gr
	BİTKİ ÇAYI	SÜT 200 ML PAKET			LİMONATA
HERBAL TEA	MILK			LEMONADE	
1 kkal	130 kkal, 6,8 gr			116.6 kkal, 0.4 gr	
Kalori / Protein Calorie / Protein	219 kkal, 4.5 gr	448 kkal, 11.1 gr	112.8 kkal, 0.6 gr	208 kkal, 3.4 gr	351.6 kkal, 5.6 gr

Uzm. Diyetisyen
Gülhan ŞENGÖR HOROZ

Gıda Mühendisi
Gülsüm KORKMAZ

Executive Chef
Ünal ŞENOL