

		SUNA ATA ATUN PRİMARY SCHOOL		    	
GÜN	PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TARİH-DATE	14.04.2025	15.04.2025	16.04.2025	17.04.2025	18.04.2025
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	KREP	HAŞLANMIŞ YUMURTA
	BOILED EGG	OMELETTE	BOILED EGG	CREPE	BOILED EGG
	91.3 kkal, 5 gr	94.4 kkal, 6,7 gr	91.3 kkal, 5 gr	93 kkal, 3,8 gr	91.3 kkal, 5 gr
	LABNE PEYNİR	KAŞAR PEYNİR	ÜÇGEN PEYNİR	BEYAZ PEYNİR	HELLİM
	CREAM CHEESE	KASAR CHEESE	CREAM CHEESE	FETA CHEESE	HALLOUMI
	40 kkal, 1 gr	127.6 kkal, 5,7 gr	39 kkal, 2,4 gr	122.4 kkal, 2,7 gr	113.4 kkal, 8,3 gr
	KARIŞIK ZEYTİN	SİYAH ZEYTİN	PİKNİK TEREYAĞ	KARIŞIK ZEYTİN	YEŞİL ZEYTİN
	BLACK & GREEN OLIVES	BLACK OLIVE	BUTTER	BLACK & GREEN OLIVES	GREEN OLIVE
	25.4 kkal, 0,2 gr	22.1 kkal, 0,2 gr	59.3 kkal, 0,1 gr	25.4 kkal, 0,2 gr	28.7 kkal, 0,3 gr
	ÇİLEK REÇELİ	KAYISI REÇELİ	PİKNİK BAL	PİKNİK ÇİKOLATA	VİŞNE REÇELİ
	STRAWBERRY JAM	APRICOT JAM	HONEY	SPREADABLE CHOCOLATE	CHERRY JAM
	51.6 kkal	50 kkal	61.3 kkal	108 kkal, 1,3 gr	50 kkal
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	495.1 kkal, 18,8 gr	451.9 kkal, 18,4 gr	537.7 kkal, 20,1 gr	635.6 kkal, 20,6 gr	570.2 kkal, 26,2 gr
ÖĞLE YEMEĞİ Lunch Menu	KREMALİ MANTAR ÇORBA	MERCİMEK ÇORBA	EZOĞELİN ÇORBA	TARHANA ÇORBA	YAYLA ÇORBA
	CREAMY MASHROOM SOUP	LENTIL SOUP	EZOĞELİN SOUP	TARHANA SOUP	YOGHURT SOUP
	160 kkal, 2,6 gr	103.3 kkal, 7,7 gr	132.4 kkal, 4,6 gr	121 kkal, 4,6 gr	94.2 kkal, 2,8 gr
	ROSTO ET KÖFTE	ETLİ NOHUT	FIRIN MAKARNA	ETLİ TAZE FAŞÜLYE	TAVUK SOTE
	BAKED MEATBALLS	BEEF & CHICKPEA STEW	MINCED BEEF PASTA BAKE	GREEN BEAN STEW WITH DICED BEEF	CHICKEN SAUTE
	145 kkal, 11,3 gr	211.3 kkal, 14,9 gr	278.2 kkal, 10 gr	135.8 kkal, 10,2 gr	116.6 kkal, 21,5 gr
	HELLİMLİ MAKARNA	TEL ŞEHRİYELİ PİRİNÇ PİLAVI	SALATA	PİRİNÇ PİLAVI	ELMA DİLİM PATATES
	PASTA WITH HALLOUMI	RICE WITH ORZO	SALAD	RICE	POTATO WEDGES
	191.1 kkal, 6,3 gr	202.2 kkal, 3,7 gr	13.1 kkal, 1 gr	166.3 kkal, 2,3 gr	81.2 kkal, 2,3 gr
	SALATA	YOĞURT	AYRAN	YOĞURT	SALATA
	SALAD	YOGURT	AYRAN	YOGURT	SALAD
	13.1 kkal, 1 gr	69.1 kkal, 4 gr	91.3 kkal, 5 gr	69.1 kkal, 4 gr	13.1 kkal, 1 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	651.2 kkal, 26,2 gr	727.9 kkal, 35,3 gr	657 kkal, 25,6 gr	634.2 kkal, 26,1 gr	447.1 kkal, 32,6 gr
İKİNDİ BESLENMESİ Mid-afternoon snack	MINİ PİZZA	ELMALI KURABİYE	ARMUT	BROWNI	MINİ SİMİT
	MINI PIZZA	APPLE COOKIE	PEAR	BROWNIE	SESAME BAGELS
	243 kkal, 12 gr	204 kkal, 3,3 gr	65.1 kkal, 0,6 gr	376 kkal, 3,3 gr	167 kkal, 3 gr
		SÜT 200 ML PAKET			LİMONATA
		MILK			LEMONADE
		130 kkal, 6,8 gr			116.6 kkal, 0,4 gr
Kalori / Protein Calorie / Protein	243 kkal, 12 gr	334 kkal, 10,1 gr	65.1 kkal, 0,6 gr	376 kkal, 3,3 gr	283.6 kkal, 3,4 gr

Uzm. Diyetisyen
Gülhan ŞENGÖR HOROZ

Gıda Mühendisi
Gülsüm KORKMAZ

Executive Chef
Ünal ŞENOL