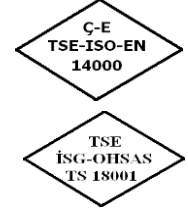
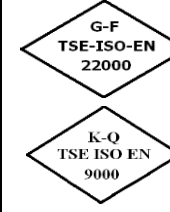




SUNA ATA ATUN PRİMARY SCHOOL



GÜN	PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TARİH-DATE	16.09.2024	17.09.2024	18.09.2024	19.09.2024	20.09.2024
SABAH KAHVALTI Breakfast Menu	SÜT 200 ML PAKET	%MEYVE SUYU	SÜT 200 ML PAKET	%MEYVE SUYU	SÜT 200 ML PAKET
	MILK	FRUIT JUICE	MILK	FRUIT JUICE	MILK
	130 kkal, 6.8 gr	113.8 kkal, 2.7 gr	130 kkal, 6.8 gr	113.8 kkal, 2.7 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	TAHİN-PEKMEZ	VIŞNE REÇELİ
	STRAWBERRY JAM	APRICOT JAM	HONEY	MOLASSES WITH TAHINI	CHERRY JAM
51.6 kkal	50 kkal	61.3 kkal	87 kkal, 2 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	564.7 kkal, 21.1 gr	537.7 kkal, 20.1 gr	598.4 kkal, 17.2 gr	570.2 kkal, 26.2 gr
ÖĞLE YEMEĞİ Lunch Menu	KAŞARLI DOMATES ÇORBA	EZOĞELİN ÇORBA	YAYLA ÇORBA	SEBZE ÇORBA	SÜLEYMANIYE ÇORBA
	TOMATO SOUP WITH CHEESE	LENTIL SOUP	YOGHURT SOUP	VEGETABLE SOUP	LENTIL SOUP
	103.3 kkal, 2 gr	132.4 kkal, 4.6 gr	94.2 kkal, 2.8 gr	79.8 kkal, 1 gr	103.3 kkal, 7.7 gr
	HAMBURGER KÖFTE	ETLİ BİBER DOLMASI	KÖFTELİ İSPANAK	ETLİ NOHUT	MAKARNA BULLİ
	HAMBURGER PATTIES	RICE & MINCED MEAT STUFFED PEPPERS	SPINACH WITH MEATBALLS	BEEF & CHICKPEA STEW	PASTA WITH BOILED CHICKEN BREAST
	167 kkal, 14.2 gr	142 kkal, 8.4 gr	142.4 kkal, 10 gr	211.3 kkal, 14.9 gr	308 kkal, 17.7 gr
	ELMA DİLİM PATATES	PEYNIRLİ MAKARNA	TEL ŞEHRİYELİ BULGUR PİLAVI	PİRİNÇ PİLAVI	MISIRLI SALATA
	POTATO WEDGES	PASTA WITH CHEESE	COOKED CRACKED WHEAT WITH ORZO	RICE	CORN SALAD
	81.2 kkal, 2.3 gr	191.1 kkal, 6.3 gr	142 kkal, 2.8 gr	166.3 kkal, 2.3 gr	13.1 kkal, 1 gr
	AYRAN	HAYDARI	SUPANGLE	CACIK	YOĞURT
AYRAN	YOGHURT WITH DRY MINT	CHOCOLATE PUDDING	TSATSIKI	YOGURT	
91.3 kkal, 5 gr	87.7 kkal, 3.8 gr	184 kkal, 5.2 gr	71.2 kkal, 2.7 gr	69.1 kkal, 4 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	584.8 kkal, 28.5 gr	692.5 kkal, 28.1 gr	704.6 kkal, 25.8 gr	670.6 kkal, 25.9 gr	635.5 kkal, 35.4 gr
İKİNDİ BESLENMESİ Mid-afternoon snack	MOZAİK PASTA	SAKALLI POĞAÇA	MUZ	ELMALI KURABIYE	ZEYTİNLİ-HELLİMLİ
	CHOCOLATE MOSAIC CAKE	PASTRY WITH CHEESE & PARSLEY	BANANA	APPLE COOKIE	OLIVE & HALLOUMI BUNS
	368 kkal, 5.3 gr	235 kkal, 5.2 gr	112 kkal, 1.4 gr	204 kkal, 3.3 gr	229 kkal, 4.3 gr
	SÜT 200 ML PAKET	LİMONATA		BİTKİ ÇAYI	MEYVE SUYU
MILK	LEMONADE		HERBAL TEA	FRUIT JUICE	
130 kkal, 6.8 gr	116.6 kkal, 0.4 gr		1 kkal	113.8 kkal, 2.7 gr	
Kalori / Protein Calorie / Protein	498 kkal, 12.1 gr	351.6 kkal, 5.6 gr	112 kkal, 1.4 gr	205 kkal, 3.3 gr	342.8 kkal, 7 gr

Uzm. Diyetisyen
Gülhan ŞENGÖR HOROZ

Gıda Mühendisi
Gülsüm KORKMAZ

Executive Chef
Ünal ŞENOL