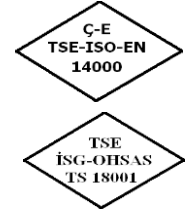
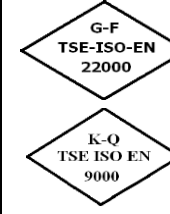




SUNA ATA ATUN PRİMARY SCHOOL



GÜN	PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TARİH-DATE	14.10.2024	15.10.2024	16.10.2024	17.10.2024	18.10.2024
SABAH KAHALTI Breakfast Menu	MEYVE SUYU	SÜT 200 ML PAKET	SÜT 200 ML PAKET	BİTKİ ÇAYI	SÜT 200 ML PAKET
	FRUIT JUICE	MILK	MILK	HERBAL TEA	MILK
	113.8 kkal, 2.7 gr	130 kkal, 6.8 gr	130 kkal, 6.8 gr	1 kkal	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	ÜÇGEN PEYNİR	LABNE PEYNİR	HELLİM	KREM BEYAZ PEYNİR
	KASAR CHEESE	CREAM CHEESE	CREAM CHEESE	HALLOUMI	CREAMY FETA CHEESE
	127.6 kkal, 5.7 gr	39 kkal, 2.4 gr	40 kkal, 1 gr	113.4 kkal, 8.3 gr	39 kkal, 1.5 gr
	SİYAH ZEYTİN	PİKNİK TEREYAĞ	KARIŞIK ZEYTİN	SİYAH ZEYTİN	KARIŞIK ZEYTİN
	BLACK OLIVE	BUTTER	BLACK & GREEN OLIVES	BLACK OLIVE	BLACK & GREEN OLIVES
	22.1 kkal, 0.2 gr	59.3 kkal, 0.1 gr	25.4 kkal, 0.2 gr	22.1 kkal, 0.2 gr	25.4 kkal, 0.2 gr
	ÇİLEK REÇELİ	PİKNİK BAL	TAHİN-PEKMEZ	VIŞNE REÇELİ	KAYISI REÇELİ
	STRAWBERRY JAM	HONEY	MOLASSES WITH TAHINI	CHERRY JAM	APRICOT JAM
51.6 kkal	61.3 kkal	67 kkal, 2 gr	50 kkal	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	563.2 kkal, 19.4 gr	540.8 kkal, 21.8 gr	530.5 kkal, 20.8 gr	437.7 kkal, 21 gr	492.5 kkal, 19.3 gr
ÖĞLE YEMEĞİ Lunch Menu	SEBZE ÇORBA	TAVUK ÇORBA	EZOĞELİN ÇORBA	SÜLEYMANİYE ÇORBA	KAŞARLI DOMATES ÇORBA
	VEGETABLE SOUP	CHICKEN SOUP	LENTIL SOUP	LENTIL SOUP	TOMATO SOUP WITH CHEESE
	81.7 kkal, 1.3 gr	97.5 kkal, 3.2 gr	132.4 kkal, 4.6 gr	103.3 kkal, 7.7 gr	103.3 kkal, 2 gr
	ETLİ ELBASAN TAVA	KIYMALI PATATES OTURTMA	SEBZELİ MİSKET KÖFTE	ETLİ NOHUT	TAVUK GUJON
	BEEF CASSEROLE	POTATO STEW WITH MINCED MEAT	VEGETABLE & MEATBALL STEW	CHICKPEA & BEEF STEW	CHICKEN GOUJONS
	277 kkal, 14.8 gr	225.1 kkal, 11.3 gr	186 kkal, 12.4 gr	211.3 kkal, 14.9 gr	207.2 kkal, 16 gr
	MEYHANE PİLAVI	MISIRLI PİRİNÇ PİLAVI	PEYNİRLİ MAKARNA	TEL ŞEHRİYELİ BULGUR PİLAVI	ELMA DİLİM PATATES
	COOKED CRACKED WHEAT WITH TOMATO	RICE WITH CORNS	PASTA WITH CHEESE	COOKED CRACKED WHEAT WITH ORZO	POTATO WEDGES
	110 kkal, 3 gr	148 kkal, 2.5 gr	191.1 kkal, 6.3 gr	142 kkal, 2.8 gr	81.2 kkal, 2.3 gr
	YOĞURT	SALATA	HAYDARI	CACIK	AYRAN
YOGURT	SALAD	YOGHURT WITH DRY MINT	TSATSIKI	AYRAN	
69.1 kkal, 4 gr	13.1 kkal, 1 gr	87.7 kkal, 3.8 gr	71.2 kkal, 2.7 gr	91.3 kkal, 5 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	679.8 kkal, 28.1 gr	625.7 kkal, 23 gr	739.2 kkal, 32.1 gr	669.8 kkal, 33.1 gr	625 kkal, 30.3 gr
İKİNDİ BESLENMESİ Mid-afternoon snack	DEREOTLU TUZLU KURABİYE	BROWNİ	MUZ	PEKMEZLİ KEK	ZEYTLİ POĞAÇA
	BISCUITS WITH DILL	BROWNIE	BANANA	MOLASSES CAKE	OLIVE BUNS
	292 kkal, 4.5 gr	376 kkal, 3.3 gr	112 kkal, 1.4 gr	248 kkal, 6.7 gr	229 kkal, 4.3 gr
	BİTKİ ÇAYI			SÜT 200 ML PAKET	BİTKİ ÇAYI
HERBAL TEA			MILK	HERBAL TEA	
1 kkal			130 kkal, 6.8 gr	1 kkal	
Kalori / Protein Calorie / Protein	293 kkal, 4.5 gr	376 kkal, 3.3 gr	112 kkal, 1.4 gr	378 kkal, 13.5 gr	230 kkal, 4.3 gr

Uzm. Diyetisyen
Gülhan ŞENGÖR HOROZ

Gıda Mühendisi
Gülsüm KORKMAZ

Executive Chef
Ünal ŞENOL