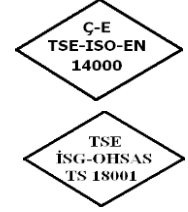
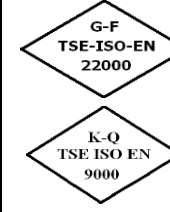




SUNA ATA ATUN PRİMARY SCHOOL



GÜN	PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TARİH-DATE	18.11.2024	19.11.2024	20.11.2024	21.11.2024	22.11.2024
SABAH KAHVALTI 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	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	VIŞNE 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	478,9 kkal, 14,7 gr	580,9 kkal, 25,2 gr	537,7 kkal, 20,1 gr	506,6 kkal, 13,8 gr	570,2 kkal, 26,2 gr
ÖĞLE YEMEĞİ Lunch Menu	EZOĞELİN ÇORBA	KREMALİ MANTAR ÇORBA	YAYLA ÇORBA	MERCİMEK ÇORBA	SEBZE ÇORBA
	LENTIL SOUP	CREAMY MASHROOM SOUP	YOGURT SOUP	LENTIL SOUP	VEGETABLE SOUP
	132,4 kkal, 4,6 gr	160 kkal, 2,6 gr	94,2 kkal, 2,8 gr	103,3 kkal, 7,7 gr	81,7 kkal, 1,3 gr
	ÇİTİR TAVUK	FİRİN MAKARNA	TAS KEBABI	TAVUKLU TAZE FASÜLYE	KIBRIS KÖFTESİ
	CHICKEN GOUJONS	MINCED BEEF PASTA BAKE	BEEF & POTATO STEW	GREEN BEAN STEW WITH DICED CHICKEN	FRIED CYPRUS MEATBALLS
	207,2 kkal, 16 gr	278,2 kkal, 10 gr	215 kkal, 14,3 gr	135,8 kkal, 10,2 gr	253 kkal, 13,2 gr
	ELMA DİLİM PATATES	Z.Y.LI MEVSİM SEBZELERİ	PİRİNÇ PİLAVI	BULGUR PİLAVI	DOMATES SOSLU SPAGETTİ
	POTATO WEDGES	BOILED VEGETABLES	RICE	COOKED CRACKED WHEAT	PASTA WITH TOMATO SAUCE
	81,2 kkal, 2,3 gr	52 kkal, 2,2 gr	166,3 kkal, 2,3 gr	142 kkal, 2,8 gr	134 kkal, 5 gr
	AYRAN	CACIK	SALATA	YOĞURT	AYRAN
AYRAN	TSATSIKI	SALAD	YOGURT	AYRAN	
91,3 kkal, 5 gr	71,2 kkal, 2,7 gr	13,1 kkal, 1 gr	69,1 kkal, 4 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	654,1 kkal, 32,9 gr	703,4 kkal, 22,5 gr	630,6 kkal, 25,4 gr	592,9 kkal, 29,7 gr	702 kkal, 30,1 gr
İKİNDİ BESLENMESİ Mid-afternoon snack	ZEYTİNLİ POĞAÇA	MOZAİK PASTA	MANDALİNA	ÜZÜMLÜ KEK	PATATESLİ BÖREK
	OLIVE BUNS	CHOCOLATE MOSAIC CAKE	MANDARIN	GRAPE CAKE	PASTRY WITH MASHED POTATO
	229 kkal, 4,3 gr	368 kkal, 5,3 gr	37,6 kkal, 0,5 gr	237 kkal, 3,3 gr	218 kkal, 4,5 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	230 kkal, 4,3 gr	368 kkal, 5,3 gr	37,6 kkal, 0,5 gr	387 kkal, 10,1 gr	219 kkal, 4,5 gr

Uzm. Diyetisyen
Gülhan ŞENGÖR HOROZ

Gıda Mühendisi
Gülsüm KORKMAZ

Executive Chef
Ünal ŞENOL