

		SUNA ATA ATUN PRIMARY SCHOOL		G-F TSE-ISO-EN 22000 K-Q TSE ISO EN 9000 TSE Ç-E TSE-ISO-EN 14000 TSE İSG-OHSAS TS 18001	
GÜN	PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TARİH-DATE	9.06.2025	10.06.2025	11.06.2025	12.06.2025	13.06.2025
SABAH KAHVALTI Breakfast Menu		BİTKİ ÇAYI	SÜT 200 ML PAKET	SÜT 200 ML PAKET	
		HERBAL TEA	MILK	MILK	
		1 kkal	130 kkal, 6.8 gr	130 kkal, 6.8 gr	
		HAŞLANMIŞ YUMURTA	HAŞLANMIŞ YUMURTA	HAŞLANMIŞ YUMURTA	
		BOILED EGG	BOILED EGG	BOILED EGG	
		91.3 kkal, 5 gr	91.3 kkal, 5 gr	91.3 kkal, 5 gr	
		KREM BEYAZ PEYNİR	ÜÇGEN PEYNİR	HELLİM	
		CREAMY FETA CHEESE	CREAM CHEESE	HALLOUMI	
		39 kkal, 1.5 gr	39 kkal, 2.4 gr	113.4 kkal, 8.3 gr	
		KARIŞIK ZEYTİN	SİYAH ZEYTİN	YEŞİL ZEYTİN	
		BLACK & GREEN OLIVES	BLACK OLIVE	GREEN OLIVE	
		25.4 kkal, 0.2 gr	22.1 kkal, 0.2 gr	28.7 kkal, 0.3 gr	
		KAYISI REÇELİ	PİKNİK BAL	VİŞNE REÇELİ	
		APRICOT JAM	HONEY	CHERRY JAM	
		50 kkal	61.3 kkal	50 kkal	
		DOMATES SALATALIK	DOMATES SALATALIK	DOMATES SALATALIK	
		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	
		EKMEK	EKMEK	EKMEK	
		BREAD	BREAD	BREAD	
		142 kkal, 5 gr	142 kkal, 5 gr	142 kkal, 5 gr	
Kalori / Protein Calorie / Protein		363.5 kkal, 12.5 gr	500.5 kkal, 20.2 gr	570.2 kkal, 26.2 gr	
ÖĞLE YEMEĞİ Lunch Menu		DÜĞÜN ÇORBA	MERCİMEK ÇORBA	YOĞURT ÇORBA	
		DUGUN SOUP	LENTIL SOUP	YOGURT SOUP	
		93 kkal, 6.3 gr	103.3 kkal, 7.7 gr	94.2 kkal, 2.8 gr	
		PİLİÇ ROSTO KÖFTE	ETLİ TAZE FAŞÜLYE	İNEGÖL KÖFTE	
		BAKED CHICKEN MEATBALLS WITH TOMATO SAUCE	GREEN BEAN STEW WITH DICED MEAT	İNEGOL MEATBALLS	
		191.8 kkal, 26.3 gr	135.8 kkal, 10.2 gr	145 kkal, 11.3 gr	
		ELMA DİLİM PATATES	ARPA ŞEHRİYE PİLAVI	SOSLU MAKARNA	
		POTATO WEDGES	COOKED ORZO	PASTA WITH TOMATO SAUCE	
		81.2 kkal, 2.3 gr	200.3 kkal, 3.2 gr	134 kkal, 5 gr	
		YEŞİL SALATA	YOĞURT	KARPUZ	
		SALAD	YOGURT	WATERMELON	
		13.1 kkal, 1 gr	69.1 kkal, 4 gr	57.4 kkal, 1 gr	
		EKMEK	EKMEK	EKMEK	
		BREAD	BREAD	BREAD	
		142 kkal, 5 gr	142 kkal, 5 gr	142 kkal, 5 gr	
Kalori / Protein Calorie / Protein		521.1 kkal, 40.9 gr	650.5 kkal, 30.1 gr	572.6 kkal, 25.1 gr	
İKİNDİ BESLENMESİ Mid-afternoon snack		PEYNİRLİ, İSPANAKLI KOL BÖREĞİ	ELMALI KURABİYE	SİMİT	
		PASTRY WITH CHEESE AND SPINACH	APPLE COOKIE	SESAME BAGELS	
		311 kkal, 12 gr	204 kkal, 3.3 gr	167 kkal, 3 gr	
		AYRAN		MEYVE SUYU	
		AYRAN		FRUIT JUICE	
		91.3 kkal, 5 gr		113.8 kkal, 2.7 gr	
Kalori / Protein Calorie / Protein		402.3 kkal, 17 gr	204 kkal, 3.3 gr	280.8 kkal, 5.7 gr	

Uzm. Diyetisyen
Gülhan ŞENGÖR HOROZ

Gıda Mühendisi
Gülsüm KORKMAZ

Executive Chef
Ünal ŞENOL