

		SUNA ATA ATUN PRİMARY 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	13.10.2025	14.10.2025	15.10.2025	16.10.2025	17.10.2025
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	KREP	HAŞLANMIŞ YUMURTA	OMLET	HAŞLANMIŞ YUMURTA
	BOILED EGG	CREPE	BOILED EGG	OMELETTE	BOILED EGG
	91.3 kkal, 5 gr	93 kkal, 3.8 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	MOLASSESSES WITH TAHINI	CHERRY JAM	APRICOT JAM
	51.6 kkal	61.3 kkal	87 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	579.4 kkal, 23.5 gr	410.4 kkal, 12.1 gr	530.5 kkal, 20.8 gr	566.7 kkal, 27.8 gr	492.5 kkal, 19.3 gr
ÖĞLE YEMEĞİ Lunch Menu	EZOĞELİN ÇORBA	MERCİMEK ÇORBA	TARHANA ÇORBA	PATATESLİ, HAVUÇ ÇORBASI	KAŞARLI DOMATES ÇORBA
	LENTIL SOUP	LENTIL SOUP	TARHANA SOUP	POTATO & CARROT SOUP	TOMATO SOUP WITH CHEESE
	132.4 kkal, 4.6 gr	103.3 kkal, 7.7 gr	121 kkal, 4.6 gr	88 kkal, 1.6 gr	103.3 kkal, 2 gr
	SPAGETTİ BOLONEZ	TAVUK ETLİ BEZELYE	ET GÜVEÇ	ETLİ NOHUT	PİLİÇ KENTUCKY
	SPAGHETTI BOLOGNESE	GREEN PEA & CHICKEN STEW	BEEF & VEGETABLE STEW	CHICKPEA & BEEF STEW	KENTUCKY FRIED CHICKEN
	378 kkal, 19.8 gr	231.4 kkal, 17 gr	215 kkal, 14.3 gr	211.3 kkal, 14.9 gr	252 kkal, 19.6 gr
	Z.Y.Lİ MEVSİM SEBZELERİ	TEL ŞEHRİYELİ BULGUR PİLAVI	PEYNİRLİ MAKARNA	PİRİNÇ PİLAVI	ELMA DİLİM PATATES
	BOILED VEGETABLES	COOKED CRACKED WHEAT WITH ORZO	PASTA WITH CHEESE	RICE	POTATO WEDGES
	52 kkal, 2.2 gr	142 kkal, 2.8 gr	191.1 kkal, 6.3 gr	166.3 kkal, 2.3 gr	81.2 kkal, 2.3 gr
	YOĞURT	YOĞURT	CACIK	YOĞURT	SALATA
	YOGURT	YOGURT	TSATSIKI	YOGURT	SALAD
	69.1 kkal, 4 gr	69.1 kkal, 4 gr	71.2 kkal, 2.7 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	773.5 kkal, 35.6 gr	687.8 kkal, 36.5 gr	740.3 kkal, 32.9 gr	676.7 kkal, 27.8 gr	591.6 kkal, 29.9 gr
İKİNDİ BESLENMESİ Mid-afternoon snack	PATATESLİ BÖREK	ÇİKOLATALI KRUVASAN	ZEYTİNLİ-HELLİMLİ	PORTAKAL	MİNİ PİZZA
	PASTRY WITH MASHED POTATO	CHOCOLATE CROISSANT	OLIVE & HALLOUMI BUNS	ORANGE	MINI PIZZA
	218 kkal, 4.5 gr	318 kkal, 4.3 gr	229 kkal, 4.3 gr	52 kkal, 1.2 gr	243 kkal, 12 gr
	AYRAN	SÜT	BİTKİ ÇAYI		LİMONATA
	AYRAN	MILK	HERBAL TEA		LEMONADE
91.3 kkal, 5 gr	130 kkal, 6.8 gr	1 kkal		116.6 kkal, 0.4 gr	
Kalori / Protein Calorie / Protein	309.3 kkal, 9.5 gr	448 kkal, 11.1 gr	230 kkal, 4.3 gr	52 kkal, 1.2 gr	359.6 kkal, 12.4 gr

Uzm. Diyetisyen
Gülhan ŞENGÖR HOROZ

Gıda Mühendisi
Gülsüm KORKMAZ

Executive Chef
Ünal ŞENOL