

	 MAARİF OKULLARI MAARİF SCHOOLS	TMV & SAMTAY VAKFI SUNA-ATA ATUN İLKÖĞRETİM OKULU		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	5.01.2026	6.01.2026	7.01.2026	8.01.2026	9.01.2026
SABAH KAHVALTI Breakfast Menu	SÜT	SÜT	SÜT	BİTKİ ÇAYI	SÜT
	MILK	MILK	MILK	HERBAL TEA	MILK
	130 kkal, 6,8 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	TAHİN-PEKMEZ	VİŞNE 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	580.9 kkal, 25,2 gr	537.7 kkal, 20,1 gr	485.6 kkal, 14,5 gr	570.2 kkal, 26,2 gr
ÖĞLE YEMEĞİ Lunch Menu	DÜĞÜN ÇORBA	SEBZE ÇORBA	EZOĞELİN ÇORBA	MERCİMEK ÇORBA	KAŞARLI DOMATES ÇORBA
	DUGUN SOUP	VEGETABLE SOUP	EZOĞELİN SOUP	LENTIL SOUP	TOMATO SOUP WITH CHEESE
	93 kkal, 6,3 gr	81.7 kkal, 1,3 gr	132.4 kkal, 4,6 gr	103.3 kkal, 7,7 gr	103.3 kkal, 2 gr
	ET SOTE	ETLİ KURU FASÜLYE	EV YAPIMI NUGGET	ETLİ BEZELYE	PARMAK KÖFTE
	SAUTEED BEEF	WHITE BEAN & MEAT STEW	CHICKEN NUGGETS	GREEN PEA & BEEF STEW	GRILLED MEATBALLS
	214 kkal, 15,2 gr	208.9 kkal, 15,5 gr	268 kkal, 16 gr	231.4 kkal, 17 gr	200 kkal, 17 gr
	SADE MAKARNA	PİRİNÇ PİLAVI	ELMA DİLİM PATATES	BULGUR PİLAVI	HELLİMLİ MAKARNA
	PLAIN PASTA	RICE	POTATO WEDGES	COOKED CRACKED WHEAT	PASTA WITH HALLOUMI
	191.1 kkal, 6,3 gr	166.3 kkal, 2,3 gr	81.2 kkal, 2,3 gr	142 kkal, 2,8 gr	191.1 kkal, 6,3 gr
	SALATA	YOĞURT	AYRAN	YOĞURT	CACIK
	SALAD	YOGURT	AYRAN	YOGURT	TSATSIKI
	13.1 kkal, 1 gr	69.1 kkal, 4 gr	91.3 kkal, 5 gr	69.1 kkal, 4 gr	71.2 kkal, 2,7 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	653.2 kkal, 33,8 gr	668 kkal, 28,1 gr	714.9 kkal, 32,9 gr	687.8 kkal, 36,5 gr	707.6 kkal, 33 gr
İKİNDİ BESLENMESİ Mid-afternoon snack	MİNİ SİMİT	ÇİKOLATALI KRUVASAN	MANDALİNA	LİMONLU KEK	ZEYTİNLİ-HELLİMLİ
	SESAME BAGELS	CHOCOLATE CROISSANT	MANDARIN	LEMON CAKE	OLIVE & HALLOUMI BUNS
	167 kkal, 3 gr	318 kkal, 4,3 gr	62.5 kkal, 0,1 gr	273 kkal,3,2 gr	229 kkal, 4,3 gr
	MEYVE SUYU			SÜT	AYRAN
	FRUIT JUICE			MILK	AYRAN
	113.8 kkal, 2,7 gr			130 kkal, 6,8 gr	91.3 kkal, 5 gr
Kalori / Protein Calorie / Protein	280.8 kkal, 5,7 gr	318 kkal, 4,3 gr	62.5 kkal, 0,1 gr	403 kkal, 10 gr	320.3 kkal, 9,3 gr

Uzm. Diyetisyen
Gülhan ŞENGÖR HOROZ

Gıda Mühendisi
Cemile SADETOĞLU

Executive Chef
Ünal ŞENOL