

		TMV & SAMTAY VAKFI SUNA-ATA ATUN İLKÖĞRETİM OKULU		 		 
GÜN	PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA	
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
TARİH-DATE	19.01.2026	20.01.2026	21.01.2026	22.01.2026	23.01.2026	
SABAH KAHVALTI Breakfast Menu	SÜT	BİTKİ ÇAYI	SÜT	SÜT	SÜT	
	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	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	HALLLOUMI	
	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	MOLASSESSES 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	451.9 kkal, 18,4 gr	537.7 kkal, 20,1 gr	614.6 kkal, 21,3 gr	570.2 kkal, 26,2 gr	
ÖĞLE YEMEĞİ Lunch Menu	EZOĞELİN ÇORBA	SEBZE ÇORBA	TARHANA ÇORBA	MERCİMEK ÇORBA	KAŞARLI DOMATES ÇORBA	
	EZOĞELİN SOUP	VEGETABLE SOUP	TARHANA SOUP	LENTİL SOUP	TOMATO SOUP WITH CHEESE	
	132.4 kkal, 4,6 gr	81.7 kkal, 1,3 gr	121 kkal, 4,6 gr	103.3 kkal, 7,7 gr	103.3 kkal, 2 gr	
	FIRIN MAKARNA	ETLİ KURU FASÜLYE	TAVUK SOTE	KÖFTELİ İSPANAK	KADINBUDU KÖFTE	
	MINCED BEEF PASTA BAKE	WHITE BEAN & MEAT STEW	CHICKEN SAUTE	SPINACH WITH MEATBALLS	FRIED MEATBALLS	
	278.2 kkal, 10 gr	208.9 kkal, 15,5 gr	116.6 kkal, 21,5 gr	142.4 kkal, 10 gr	253 kkal, 13,2 gr	
	Z.Y.Lİ MEVSİM SEBZELERİ	PİRİNÇ PİLAVI	HELLİMLİ MAKARNA	PİRİNÇ PİLAVI	ELMA DİLİM PATATES	
	BOILED VEGETABLES	RICE	PASTA WITH HALLOUMI	RICE	POTATO WEDGES	
	52 kkal, 2,2 gr	166.3 kkal, 2,3 gr	191.1 kkal, 6,3 gr	166.3 kkal, 2,3 gr	81.2 kkal, 2,3 gr	
	CACIK	YOĞURT	SALATA	YOĞURT	AYRAN	
	TSATSIKI	YOGURT	SALAD	YOGURT	AYRAN	
	71.2 kkal, 2,7 gr	69.1 kkal, 4 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	675.8 kkal, 24,5 gr	668 kkal, 28,1 gr	583.8 kkal, 38,4 gr	623.1 kkal, 29 gr	670.8 kkal, 27,5 gr	
İKİNDİ BESLENMESİ Mid-afternoon snack	PEYNİRLİ, İSPANAKLI KOL BÖREĞİ	PEKMEZLİ KEK	PORTAKAL	MOZAİK PASTA	ZEYTİNLİ-HELLİMLİ	
	PASTRY WITH CHEESE AND SPINACH	MOLASSESSES CAKE	ORANGE	CHOCOLATE MOSAIC CAKE	OLIVE & HALLOUMI BUNS	
	311 kkal, 12 gr	248 kkal, 6,7 gr	52 kkal, 1,2 gr	368 kkal, 5,3 gr	229 kkal, 4,3 gr	
	BİTKİ ÇAYI	SÜT			LİMONATA	
	HERBAL TEA	MILK			LEMONADE	
	1 kkal	130 kkal, 6,8 gr			116.6 kkal, 0,4 gr	
Kalori / Protein Calorie / Protein	312 kkal, 12 gr	378 kkal, 13,5 gr	52 kkal, 1,2 gr	368 kkal, 5,3 gr	345.6 kkal, 4,7 gr	

Uzm. Diyetisyen
Gülhan ŞENGÖR HOROZ

Gıda Mühendisi
Cemile SADETOĞLU

Executive Chef
Ünal ŞENOL