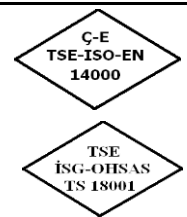
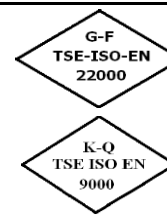




TMV & SAMTAY VAKFI SUNA-ATA ATUN İLKÖĞRETİM OKULU



GÜN	PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TARİH-DATE	11.05.2026	12.05.2026	13.05.2026	14.05.2026	15.05.2026
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
	OMLET	HAŞLANMIŞ YUMURTA	KREP	HAŞLANMIŞ YUMURTA	OMLET
	OMELETTE	BOILED EGG	CREPE	BOILED EGG	OMELETTE
	94.4 kkal, 6.7 gr	91.3 kkal, 5 gr	93 kkal, 3.8 gr	91.3 kkal, 5 gr	94.4 kkal, 6.7 gr
	KAŞAR PEYNİR	KREM BEYAZ PEYNİR	ÜÇGEN PEYNİR	HELLİM	BEYAZ PEYNİR
	KASAR CHEESE	CREAMY FETA CHEESE	CREAM CHEESE	HALLOUMI	FETA CHEESE
	127.6 kkal, 5.7 gr	39 kkal, 1.5 gr	39 kkal, 2.4 gr	113.4 kkal, 8.3 gr	122.4 kkal, 2.7 gr
	SİYAH ZEYTİN	KARIŞIK ZEYTİN	SİYAH ZEYTİN	KARIŞIK ZEYTİN	PIKNİK TEREYAĞ
	BLACK OLIVE	BLACK & GREEN OLIVES	BLACK OLIVE	BLACK & GREEN OLIVES	BUTTER
	22.1 kkal, 0.2 gr	25.4 kkal, 0.2 gr	22.1 kkal, 0.2 gr	25.4 kkal, 0.2 gr	59.3 kkal, 0.1 gr
	ÇİLEK REÇELİ	KAYISI REÇELİ	PIKNİK ÇİKOLATA	VİŞNE REÇELİ	PIKNİK BAL
	STRAWBERRY JAM	APRICOT JAM	SPREADABLE CHOCOLATE	CHERRY JAM	HONEY
51.6 kkal	50 kkal	108 kkal, 1.3 gr	50 kkal	61.3 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	582.5 kkal, 25.2 gr	363.5 kkal, 12.5 gr	548.9 kkal, 20.3 gr	566.9 kkal, 26.1 gr	624.2 kkal, 22.1 gr
ÖĞLE YEMEĞİ Lunch Menu	KAŞARLI DOMATES ÇORBA	TARHANA ÇORBA	EZOĞELİN ÇORBA	YOĞURT ÇORBA	MERCİMEK ÇORBA
	TOMATO SOUP WITH CHEESE	TARHANA SOUP	EZOĞELİN SOUP	YOGURT SOUP	LENTIL SOUP
	103.3 kkal, 2 gr	121 kkal, 4.6 gr	132.4 kkal, 4.6 gr	94.2 kkal, 2.8 gr	103.3 kkal, 7.7 gr
	ÇİTİR TAVUK	ETLİ BEZELYE	YOĞURTLU MANTI	ETLİ KURU FASÜLYE	SPAGHETTI BOLONEZ
	CHICKEN GOUJONS	GREEN PEA & BEEF STEW	DUMPLINGS WITH YOGURT SAUCE	WHITE BEAN & MEAT STEW	SPAGHETTI BOLONEZ
	207.2 kkal, 16 gr	231.4 kkal, 17 gr	394 kkal, 17.6 gr	208.9 kkal, 15.5 gr	351.3 kkal, 15.4 gr
	ELMA DİLİM PATATES	PİRİNÇ PİLAVI	ŞAKSUKA	PİRİNÇ PİLAVI	Z.Y.LI MEVSİM SEBZELERİ
	POTATO WEDGES	RICE	FRIED DICED AUBERGINES & POTATOES WITH TOMATO SAUCE	RICE	BOILED VEGETABLES
	81.2 kkal, 2.3 gr	166.3 kkal, 2.3 gr	190 kkal, 2.2 gr	166.3 kkal, 2.3 gr	52 kkal, 2.2 gr
	AYRAN	YOĞURT	SALATA	CACIK	AYRAN
	AYRAN	YOGURT	SALAD	TSATSIKI	AYRAN
	91.3 kkal, 5 gr	69.1 kkal, 4 gr	13.1 kkal, 1 gr	71.2 kkal, 2.7 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	625 kkal, 30.3 gr	729.8 kkal, 32.9 gr	871.5 kkal, 30.4 gr	682.6 kkal, 28.3 gr	739.9 kkal, 35.3 gr
İKİNDİ BESLENMESİ Mid-afternoon snack	MINİ SİMİT	KAKAOLU KEK	PEYNİRLİ, İSPANAKLI KOL BÖREĞİ	KIRMIZI ELMA	ZEYTLİ-HELLİMLİ
	SESAME BAGELS	CHOCOLATE CAKE	PASTRY WITH CHEESE AND SPINACH	APPLE	OLIVE & HALLOUMI BUNS
	167 kkal, 3 gr	337 kkal, 8.9 gr	311 kkal, 12 gr	76.2 kkal, 0.4 gr	229 kkal, 4.3 gr
	LİMONATA	SÜT	AYRAN	MEYVE SUYU	MEYVE SUYU
	LEMONADE	MILK	AYRAN	FRUIT JUICE	FRUIT JUICE
116.6 kkal, 0.4 gr	130 kkal, 6.8 gr	91.3 kkal, 5 gr	113.8 kkal, 2.7 gr	113.8 kkal, 2.7 gr	
Kalori / Protein Calorie / Protein	283.6 kkal, 3.4 gr	467 kkal, 15.7 gr	402.3 kkal, 17 gr	76.2 kkal, 0.4 gr	342.8 kkal, 7 gr

Uzm. Diyetisyen
Gülhan ŞENGÖR HOROZ

Gıda Mühendisi
Cemile SADETOĞLU

Executive Chef
Ünal ŞENOL