TMV & SAMTAY VAKFI
SUNA-ATA ATUN İLKÖĞRETİM OKULU

GÜN	PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA
DAY	*MONDAY*	*TUESDAY*	*WEDNESDAY*	*THURSDAY*	*FRIDAY*
TARİH-DATE	21.09.2026	22.09.2026	23.09.2026	24.09.2026	25.09.2026
SABAH KAHVALTI Breakfast Menu	SÜT 200 ML PAKET *MILK* *130 kkal, 6.8 gr*	BİTKİ ÇAYI *HERBAL TEA* *1 kkal*	SÜT 200 ML PAKET *MILK* *130 kkal, 6.8 gr*	SÜT 200 ML PAKET *MILK* *130 kkal, 6.8 gr*	SÜT 200 ML PAKET *MILK* *130 kkal, 6.8 gr*
	OMLET *OMELETTE* *94.4 kkal, 6.7 gr*	HAŞLANMIŞ YUMURTA *BOILED EGG* *91.3 kkal, 5 gr*	KREP *CREPE* *93 kkal, 3.8 gr*	HAŞLANMIŞ YUMURTA *BOILED EGG* *91.3 kkal, 5 gr*	OMLET *OMELETTE* *94.4 kkal, 6.7 gr*
	KAŞAR PEYNİR *KASAR CHEESE* *127.6 kkal, 5.7 gr*	KREM BEYAZ PEYNİR *CREAMY FETA CHEESE* *39 kkal, 1.5 gr*	LABNE PEYNİR *CREAM CHEESE* *40 kkal, 1 gr*	HELLİM *HALLOUMI* *113.4 kkal, 8.3 gr*	BEYAZ PEYNİR *FETA CHEESE* *122.4 kkal, 2.7 gr*
	YEŞİL ZEYTİN *GREEN OLIVE* *28.7 kkal, 0.3 gr*	KARIŞIK ZEYTİN *BLACK & GREEN OLIVES* *25.4 kkal, 0.2 gr*	SİYAH ZEYTİN *BLACK OLIVE* *22.1 kkal, 0.2 gr*	KARIŞIK ZEYTİN *BLACK & GREEN OLIVES* *25.4 kkal, 0.2 gr*	PİKNİK TEREYAĞ *BUTTER* *59.3 kkal, 0.1 gr*
	ÇİLEK REÇELİ *STRAWBERRY JAM* *51.6 kkal*	KAYISI REÇELİ *APRICOT JAM* *50 kkal*	PİKNİK ÇİKOLATA *SPREADABLE CHOCOLATE* *108 kkal, 1.3 gr*	VİŞNE REÇELİ *CHERRY JAM* *50 kkal*	PİKNİK BAL *HONEY* *61.3 kkal*
	DOMATES SALATALIK *TOMATO AND CUCUMBER* *14.8 kkal, 0.8 gr*	DOMATES SALATALIK *TOMATO AND CUCUMBER* *14.8 kkal, 0.8 gr*	DOMATES SALATALIK *TOMATO AND CUCUMBER* *14.8 kkal, 0.8 gr*	DOMATES SALATALIK *TOMATO AND CUCUMBER* *14.8 kkal, 0.8 gr*	DOMATES SALATALIK *TOMATO AND CUCUMBER* *14.8 kkal, 0.8 gr*
	EKMEK *BREAD* *142 kkal, 5 gr*	EKMEK *BREAD* *142 kkal, 5 gr*	EKMEK *BREAD* *142 kkal, 5 gr*	EKMEK *BREAD* *142 kkal, 5 gr*	EKMEK *BREAD* *142 kkal, 5 gr*
Kalori / Protein *Calorie / Protein*	589.1 kkal, 25.3 gr	363.5 kkal, 12.5 gr	549.9 kkal, 18.9 gr	566.9 kkal, 26.1 gr	624.2 kkal, 22.1 gr
ÖĞLE YEMEĞİ *Lunch Menu*	KAŞARLI DOMATES ÇORBA *TOMATO SOUP WITH CHEESE* *103.3 kkal, 2 gr*	MISIR ÇORBA *CORN SOUP* *90 kkal, 2.8 gr*	EZOGELİN ÇORBA *EZOGELİN SOUP* *132.4 kkal, 4.6 gr*	YAYLA ÇORBA *YAYLA SOUP* *94.2 kkal, 2.8 gr*	MERCİMEK ÇORBA *LENTIL SOUP* *103.3 kkal, 7.7 gr*
	HAMBURGER *HAMBURGER* *167 kkal, 14.7 gr*	ETLİ KURU FASÜLYE *WHITE BEAN & MEAT STEW* *208.9 kkal, 15.5 gr*	TAVUKLU MAKARNA *PASTA WITH BOILED CHICKEN BREAST* *308 kkal, 17.7 gr*	ETLİ BEZELYE *GREEN PEA & BEEF STEW* *231.4 kkal, 17 gr*	TAVUK SOTE *CHICKEN SAUTE* *116.6 kkal, 21.5 gr*
	ELMA DİLİM PATATES *POTATO WEDGES* *81.2 kkal, 2.3 gr*	PİRİNÇ PİLAVI *RICE* *166.3 kkal, 2.3 gr*	Z.Y.LI MEVSİM SEBZELERİ *BOILED VEGETABLES* *52 kkal, 2.2 gr*	BULGUR PİLAVI *COOKED CRACKED WHEAT* *142 kkal, 2.8 gr*	MISIRLI PİRİNÇ PİLAVI *RICE WITH CORNS* *148 kkal, 2.5 gr*
	AYRAN *AYRAN* *91.3 kkal, 5 gr*	CACIK *TSATSIKI* *71.2 kkal, 2.7 gr*	YOĞURT *YOGURT* *69.1 kkal, 4 gr*	YOĞURT *YOGURT* *69.1 kkal, 4 gr*	CACIK *TSATSIKI* *71.2 kkal, 2.7 gr*
	EKMEK *BREAD* *142 kkal, 5 gr*	EKMEK *BREAD* *142 kkal, 5 gr*	EKMEK *BREAD* *142 kkal, 5 gr*	EKMEK *BREAD* *142 kkal, 5 gr*	EKMEK *BREAD* *142 kkal, 5 gr*
Kalori / Protein *Calorie / Protein*	584.8 kkal, 29 gr	678.4 kkal, 28.3 gr	703.5 kkal, 33.5 gr	678.7 kkal, 31.6 gr	581.1 kkal, 39.4 gr
İKİNDİ BESLENMESİ *Mid-afternoon snack*	KALEM BÖREK *FRIED PASTRY WITH CHEESE* *235 kkal, 5.2 gr*	ELMALI KURABİYE *APPLE COOKIE* *204 kkal, 3.3 gr*	MUZ *BANANA* *112 kkal, 1.4 gr*	MOZAİK PASTA *CHOCOLATE MOSAIC CAKE* *368 kkal, 5.3 gr*	MİNİ SİMİT *SESAME BAGELS* *167 kkal, 3 gr*
	LİMONATA *LEMONADE* *116.6 kkal, 0.4 gr*	SÜT 200 ML PAKET *MILK* *130 kkal, 6.8 gr*			AYRAN *AYRAN* *91.3 kkal, 5 gr*
Kalori / Protein *Calorie / Protein*	351.6 kkal, 5.6 gr	334 kkal, 10.1 gr	112 kkal, 1.4 gr	368 kkal, 5.3 gr	258.3 kkal, 8 gr

Uzm. Diyetisyen
Gülhan ŞENGÖR HOROZ

Gıda Mühendisi
Cemile SADETOĞLU

Executive Chef
Ünal ŞENOL