


SEPTEMBER 2025

FOOD MENU






8 SEPTEMBER 2025 Monday	9 SEPTEMBER 2025 Tuesday	10 SEPTEMBER 2025 Wednesday	11 SEPTEMBER 2025 Thursday	12 SEPTEMBER 2025 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Potato Pancake Organic Boiled Egg Pınar Labne & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Tomatoes Cucumbers Linden Tea - Milk	Scrambled Eggs Fresh Kashar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Tomatoes Cucumbers Linden Tea - Milk	Irmak Pishi Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Tomatoes Cucumbers Linden Tea - Milk 	Potato Omelette String Cheese Ayvalık Green Olive Gemlik Black Olive Pınar Butter Tahini & Molasses Tomatoes Cucumbers Linden Tea - Milk	Homemade Bread Organic Boiled Egg Ezine White Cheese Ayvalık Green Olive Gemlik Black Olive Pınar Butter Pınar Honey Tomatoes Cucumbers Linden Tea - Milk 
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Lentil Soup Beef Fajita Barley Rice Pilaf Broccoli with Olive Oil Stuffed Grape Leaves with Olive Oil Carrot Tarator Hatay-Style Kısır Tuna and Rocket Salad Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink) 	Ezogelin Soup Chicken with Corn Flakes Spaghetti with Sauce Maraş Ice Cream Fresh Green Beans with Olive Oil Shakshuka with Olive Oil Mixed Fried Vegetables Shepherd's Salad Manti Pasta with Yoghurt Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink)	Lentil Soup Meat Kebab & Potato Pan Rice Pilaf Olive Oil Stuffed Peppers Olive Oil Bombay Beans Yoghurt Couscous Adıyaman Style Raw Meatballs Caesar Salad with Croutons- Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink)	Chunky Vegetable Soup Hamburger & Potatoes Cinnamon Rice Pudding Organic Ayran Olive Oil Fried Cauliflc Olive Oil Brussels Sprouts Spinach Tarator American Salad Pickled Barley Bulgur Salad Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink) 	Toghurt Soup Diavola Pizza French Fries Tiramisu Zucchini Fritters with Olive Oil Hummus with Olive Oil Quinoa Wheat Salad Antep-Style Lentil Meatballs Aegean Cheese Salad Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink)
SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME
Sesame Cracker Fruits	Salted Cookie Fruit	Apple Pie Fruits	Home-Style Pastry with Dill Fruits	

SEPTEMBER 2025




FOOD MENU

15 SEPTEMBER 2025 Monday	16 SEPTEMBER 2025 Tuesday	17 SEPTEMBER 2025 Wednesday	18 SEPTEMBER 2025 Thursday	19 SEPTEMBER 2025 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Irmak Pishi Organic Boiled Egg Pınar Labne & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Tomatoes Cucumbers Linden Tea - Milk	Scrambled Eggs Fresh Kasha Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Tomatoes Cucumbers Linden Tea - Milk	Potato Pan Borek Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Tomatoes Cucumbers Linden Tea - Milk 	Potato Omelette String Cheese Ayvalık Green Olive Gemlik Black Olive Pınar Butter Tahini & Molasses Tomatoes Cucumbers Linden Tea - Milk	Pancakes Organic Boiled Egg Ezine White Cheese Ayvalık Green Olive Gemlik Black Olive Pınar Butter Pınar Honey Tomatoes Cucumbers Linden Tea - Milk 
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Barley Couscous Soup Adana Kebab Vegetable Bulgur Pilaf Organic Ayran Olive Oil-Cooked Green Beans Olive Oil-Cooked Pepper Borani Barley Couscous Salad with Dill Antep Ezme Chicken Salad with Cream Sauce Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink) 	Lentil Soup Manti with Yoghurt Sauce Barbunya Pilaki with Olive Oil Trilehe Zucchini Fritters with Olive Oil Mixed Fried Vegetables with Olive Oil Eggplant Salad Adıyaman-Style Raw Meatballs Caesar Salad with Croutons Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink)	Vermicelli Soup Meatballs Spaghetti with Sauce Broccolis with Olive Oil "Sultan Reşat" with Olive Oil Spinach Tarator Bean Salad Tuna and Rocket Salad Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink) 	Ezogelin Soup Beef Stew with Thyme Barley Rice Pilaf Cacik Pendik Pilaki with Olive Oil Zucchini Stew with Olive Oil Beet Salad with Yoghurt Crispy Manti Shepherd's Salad Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink)	Yoghurt Soup Grilled Chicken Spicy Pasta Maraş Ice Cream Celery with Olive Oil Brussels Sprouts with Olive Oil Carrot Tarator Hatay-Style Kısır Aegean Salad with Cheese Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink)
SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME
Fruit Muffin Cake Fruit	Salty Cookie Fruits	Spinach Cake Fruits	Mozaic Cake Fruits	

SEPTEMBER 2025 FOOD MENU

22 SEPTEMBER 2025 Monday	23 SEPTEMBER 2025 Tuesday	24 SEPTEMBER 2025 Wednesday	25 SEPTEMBER 2025 Thursday	26 SEPTEMBER 2025 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Irmak Pishi Organic Boiled Egg Pinar Labne & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pinar Butter Pinar Jam Tomatoes Cucumbers Linden Tea - Milk 	Scrambled Eggs Fresh Kashar Cheese Ayvalık Green Olives Gemlik Black Olives Pinar Butter Pinar Honey Tomatoes Cucumbers Linden Tea - Milk	Pastry Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pinar Butter Pinar Jam Tomatoes Cucumbers Linden Tea - Milk 	Potato Omelette String Cheese Ayvalık Green Olive Gemlik Black Olive Pinar Butter Tahini & Molasses Tomatoes Cucumbers Linden Tea - Milk	Pastry Organic Boiled Egg Ezine White Cheese Ayvalık Green Olive Gemlik Black Olive Pinar Butter Pinar Honey Tomatoes Cucumbers Linden Tea - Milk 
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Ezogelin Soup Grilled Meatballs Bulghur Organic Yoghurt Drink Broccolis in Olive Oil Vegetable Sauté with Olive Oil Eggplant Salad Hatay Style Bulgur Salad (Kısır) Caesar Salad with Croutons Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink)	Chicken Broth Soup Meat and Dried Beans Barley Rice Pilaf Biscuit Dessert Olive Oil Shakshuka Olive Oil Sautéed Mushrooms Pink Sultan Crispy Dumplings Tuna and Rocket Salad Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink) 	Lentil Soup Margharita Pizza Vegetable Sauté / Pan-Fried Potatoes Olive Oil Carrot Pilaki Olive Oil Spinach Yoghurt Couscous Salad American Salad Cheese Aegean Salad Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink)	Broccoli Soup Roasted Chicken Drumsticks Pasta with Sauce Organic Ayran Eggplant Stew with Olive Oil Brussels Sprouts with Olive Oil Zucchini Tarator Adıyaman-Style Raw Meatballs Garden Salad with Tomatoes- Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink)	Yoghurt Soup Hungarian Kebab “Su Böreği” Compote Olive Oil Artichoke Olive Oil Fritter Yoghurt-Topped Dumpling Pasta Hatay-Style Lentil Meatballs Chicken Salad with Cream Sauce Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink) 
SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME
Raisin Cake Fruits	Sesame Cracker Fruits	Mixed Nuts Fruit	Chocolate Sponge Cake Fruit	

SEPTEMBER 2025 FOOD MENU

29 SEPTEMBER 2025 Monday	30 SEPTEMBER 2025 Tuesday			
BREAKFAST	BREAKFAST			
Irmak Pishi Organic Boiled Egg Pinar Labne & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pinar Butter Pinar Jam Tomatoes Cucumbers Linden Tea - Milk 	Scrambled Eggs Fresh Kashar Cheese Ayvalık Green Olives Gemlik Black Olives Pinar Butter Pinar Honey Tomatoes Cucumbers Linden Tea - Milk			
LUNCH	LUNCH			
Lentil Soup Beyti Kebab Vegetable Bulgur Pilaf Mixed Vegetable Fry with Olive Oil Okra with Olive Oil Barley Couscous Salad with Dill Antep-Style Lentil Meatballs Chicken Salad with Cream Sauce Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink) 	Creamy Beef Broth Soup Ground Beef Lentil Stew Istanbul Pilaf Ottoman Tulumba Olive Oil Stuffed Pepper Olive Oil Brussels Sprouts Antep Ezme Adiyaman Style Raw Meatballs Pomegranate Salad Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink) 			
SNACK TIME	SNACK TIME			
Cookie Fruits	Salted Cookie Fruits			

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Important Notes:

- The bread served at lunch is sourced from Halk Ekmek. Pinar milk is served at BREAKFAST.
- Our baked goods are prepared using whole wheat and rye flour with multiple grains. No additives such as sweeteners or bouillon are used in any of the products served.
- Fruit is served as an alternative during afternoon snacks. Seasonal fruits are served buffet-style in the dining hall between 10:00-11:30 and 14:00-15:30.
- For our kindergarten students aged 3, 4, 5, and 6, only milk and chamomile tea are served at breakfast and during meals.
- "Qualified Education Institutions Inc. ("Irmak Schools") will process your personal data, including your name and surname, collected through this FOOD MENU in accordance with the Personal Data Protection Law No. 6698 ("KVKK") and the relevant legislation in force; it will be processed solely for the purpose of informing you about which meals will be served daily and will be shared only with authorized public institutions and organizations. Your personal data that you have shared will be stored for the duration required for the processing purpose, subject to the periods stipulated by the KVKK and other relevant legislation. For your rights and requests regarding the processing of your personal data during the term of your employment contract, please review the Irmak Schools Employee Information Text in the Personal Data Protection section on our website.

Head chef
Muzaffer Ergün

Project Manager
Tuncay Özen

Food Engineer
Bülent Durmuş

Dietitian
Esin Kara

School Menu Committee
Chairperson
Metin Yoleri