

OCTOBER 2025 FOOD MENU

		01 OCTOBER 2025 Wednesday	02 OCTOBER 2025 Thursday	03 OCTOBER 2025 Friday
		BREAKFAST	BREAKFAST	BREAKFAST
		Sesame Bagel 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
		Ezogelin Soup Chicken Calamari Spaghetti with Sauce Broccolis with Olive Oil "Sultan Reshat" with Olive Oil Zucchini Tarator Hatay-Style Kısır Beet Salad with Yogurt Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Assorted Pickles Yoghurt Organic Ayran (Yoghurt Drink) 	Chicken Broth Soup Vegetable Oven Kebab Butter Rice Pilaf Organic Ayran Olive Oil Sautéed Mushrooms Olive Oil Sautéed Bombay Beans Albanian Liver Quinoa Wheat Salad Caesar Salad with Croutons Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Dressing Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink) 	Vegetable Soup Izmir Meatballs Penne Arabiatta Organic Ayran Olive Oil Fresh Green Beans Olive Oil Hummus Carrot Tarator Dill Barley Salad Tuna Rocket Salad Mediterranean Greens Salad Iceberg Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink) 
		SNACK TIME	SNACK TIME	
		Mosaic Cake Fruits	Cocoa Cracked Cookies Fruits	






OCTOBER 2025 FOOD MENU

6 OCTOBER 2025 Monday	7 OCTOBER 2025 Tuesday	8 OCTOBER 2025 Wednesday	9 OCTOBER 2025 Thursday	10 OCTOBER 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 Kasha Cheese Ayvalık Green Olives Gemlik Black Olives Pinar Butter Pinar Honey Tomatoes Cucumbers Linden Tea - Milk	Potato Pan Borek 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	Pancakes 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
Lentil Soup Aktepe Meatballs Spaghetti with Sauce Organic Ayran Olive Oil-Cooked Green Beans Olive Oil-Cooked Pepper Borani Barley Bulgur 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) 	Chicken Broth Soup Meat and Dried Beans Barley Rice Pilaf Cacik Olive Oil Shakshuka Olive Oil Sautéed Mushrooms Pink Sultan Crispy Manti Tuna and Rocket Salad Mediterranean Green Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink) 	Vegetable Soup Sushi Chicken and Vegetable Noodles Chocolate Pudding Olive Oil Pepper Borani Olive Oil Okra Cheese and Arugula Salad Adiyaman-Style Raw Meatballs Potato 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 Ratatouille Butter Rice Pilaf Cyprus Dessert "Pendik Pilaki" Olive Oil Zucchini Stew Albanian Liver Yogurt Mantı Pasta 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 Chicken Skewers Pasta with Sauce 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	
Lemon Cake Fruits	Raisin Cookies Fruits	Crumbly Bread with Sesame Seeds Fruit	Knitted Cookies Fruit	

OCTOBER 2025 FOOD MENU

13 OCTOBER 2025 Monday	14 OCTOBER 2025 Tuesday	15 OCTOBER 2025 Wednesday	16 OCTOBER 2025 Thursday	17 OCTOBER 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	Potato Pan Borek 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	Pancakes 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
Barley Couscous Soup Adana Kebab Meyhane 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 Yogurt Sauce Barbunya Pilaki with Olive Oil Trileche Broccoli with Olive Oil Mixed Fried Vegetables with Olive Oil Eggplant Salad Adiyaman-Style Raw Meatballs Caesar Salad with Croutons Mediterranean Green Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayran (Yoghurt Drink) 	Vegetable Soup Hamburger & Potato Chips Cinnamon Rice Pudding Organic Ayran Olive Oil Fried Cauliflower Olive Oil Brussels Sprouts Spinach Tarator American Salad Pickled Barley 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 Broth Soup Stuffed Peppers with Meat Cheese Pastry Compote Sultan Reşat with Olive Oil Spinach with Olive Oil Lentil Meatballs Albanian Liver 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)	Lentil Soup Chicken with Almond Sauce Twisted Pasta Organic Ayran Olive Oil-Cooked Bombay Beans Olive Oil-Cooked Borani Zucchini Fritters Falafel 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	
Eclair Fruits	Savory Dry Pastry Fruits	Mixed Nuts Fruit	Bâton Salé Fruit	

OCTOBER 2025 FOOD MENU

27 OCTOBER 2025 Monday	28 OCTOBER 2025 Tuesday	29 OCTOBER 2025 Wednesday	30 OCTOBER 2025 Thursday	31 OCTOBER 2025 Friday
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	OFFICIAL HOLIDAY	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
Vermicelli Soup Mashed Potato Meatballs Spaghetti with Sauce Organic Ayrar Shakshuka with Olive Oil Mushroom Sauté with Olive Oil Barley Vermicelli 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 Ayrar (Yoghurt Drink)	Lentil Soup Minced Meat Lasagna Barbunya Pilaki (Broad Bean Stew) Profiteroles Olive Oil Bush Beans Olive Oil Pepper Borani Pink Sultan Albanian Liver Tuna and Rocket Salad Mediterranean Green Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayrar (Yoghurt Drink) 	OFFICIAL HOLIDAY	Yogurt Soup Chicken with Curry Sauce Pasta with Napolitan Sauce Organic Ayrar Pendik Pilaki with Olive Oil Zucchini Stew with Olive Oil Beet Salad with Yogurt Manti Pasta Shepherd's Salad Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayrar (Yoghurt Drink)	Chicken Broth Soup Dried Beans with Meat Barley Rice Pilaf Orange Revani Celery Brussels Sprouts Carrot Tarator Hatay-Style Kısır Cheese Aegean Salad Mediterranean Greens Salad Iceberg Lettuce Salad Fresh Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Tomatoes and Cucumbers Yoghurt Organic Ayrar (Yoghurt Drink) 
SNACK TIME	SNACK TIME		SNACK TIME	
Ginger Cookies Fruits	Savory Dry Pastry Fruits		Mosaic Cake Fruit	

OCTOBER 2025 FOOD MENU



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