

NOVEMBER 2025

FOOD MENU

3 NOVEMBER 2025 Monday	4 NOVEMBER 2025 Tuesday	5 NOVEMBER 2025 Wednesday	6 NOVEMBER 2025 Thursday	7 NOVEMBER 2025 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Irmak-Style Fried Pastry with Milk Organic Boiled Egg Pınar Labneh & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Tomato Çengelköy Cucumber Linden Tea-Pınar Milk (UHT)	Scrambled Eggs Fresh Kashar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Plain Turkish Soft Bagel (Açma) Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Omelette with Potatoes String Cheese (Dil Cheese) Ayvalık Green Olives Gemlik Black Olives Pınar Butter Tahini with Grape Molasses Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Pancake Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Lentil Soup Adana Kebab (Spicy Minced Meat Skewer) Bulgur Pilaf with Vermicelli Organic Ayran (Yogurt Drink) Green Beans with Olive Oil Pepper Borani with Olive Oil Quinoa and Wheat Salad Spicy Antep Pepper Paste (Ezme) Chicken Salad with Cream Sauce Mediterranean Green Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Mixed Cold Vegetable Platter Yogurt	Yogurt and Rice Soup (Yayla Soup) Gardener's Kebab (Bahçıvan Kebab) Spaghetti with Sauce Banana Roll Cake Fried Cauliflower with Olive Oil Broccoli with Olive Oil Pink Sultan (Beetroot Yogurt Meze) Crispy Turkish Dumplings (Manti) Arugula Salad with Tuna Mediterranean Green Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Mixed Cold Vegetable Platter Yogurt Organic Ayran (Yogurt Drink)	Ezogelin Soup (Red Lentil and Bulgur Soup) Hamburger & French Fries Cypriot Dessert (Semolina Cake with Cream and Coconut) Homemade Lemonade Fried Eggplant with Tomato Sauce (Shakshuka) Brussels Sprouts with Olive Oil Spinach with Yogurt and Garlic (Spinach Tarator) Russian Salad (American Salad) Pickled Barley Vermicelli Salad Mediterranean Green Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Mixed Cold Vegetable Platter Yogurt - Organic Ayran	Chicken Broth Soup Chickpeas Stewed with Meat Rice Pilaf with Orzo Şekerpare (Semolina Dessert in Syrup) Pendik Pilaki with Olive Oil (Bean Stew) Zucchini Stew with Olive Oil Fried Liver Cubes Pasta with Yogurt and Dumplings (Manti Macaroni) Caesar Salad with Croutons Mediterranean Green Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Mixed Cold Vegetable Platter Yogurt Organic Ayran (Yogurt Drink)	Chunky Vegetable Soup Grilled Chicken Cutlet (Piliç Külbastı) Penne Arrabbiata Organic Ayran (Yogurt Drink) Celery with Olive Oil Fava Bean Purée with Olive Oil Carrot with Yogurt and Garlic (Carrot Tarator) Hatay-Style Bulgur Salad (Kısır) Aegean Cheese Salad Mediterranean Green Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Mixed Cold Vegetable Platter Yogurt Organic Ayran (Yogurt Drink)
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	
Cocoa Cake Fruit	Plain Savory Pastry (Poğaç) Fruit	Savory Cookie with Black Cumin Seeds Fruit	Savory Cookie Fruit	

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FOOD MENU

10 NOVEMBER 2025 Monday	11 NOVEMBER 2025 Tuesday	12 NOVEMBER 2025 Wednesday	13 NOVEMBER 2025 Thursday	14 NOVEMBER 2025 Friday
		MID-TERM BREAK		
		MID-TERM BREAK		
		MID-TERM BREAK		

NOVEMBER 2025

FOOD MENU

17 NOVEMBER 2025 Monday	18 NOVEMBER 2025 Tuesday	19 NOVEMBER 2025 Wednesday	20 NOVEMBER 2025 Thursday	21 NOVEMBER 2025 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Irmak-Style Fried Pastry with Milk Organic Boiled Egg Pınar Labneh & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Scrambled Eggs Fresh Kashar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Tray-Baked Pastry with Potatoes (Börek) Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Omelette with Potatoes String Cheese (Dil Cheese) Ayvalık Green Olives Gemlik Black Olives Pınar Butter Tahini with Grape Molasses Sliced Carrot Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Homemade Bread Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Ezogelin Soup (Red Lentil and Bulgur Soup) Grilled Meatballs (Köfte) Bead-Shaped Pasta (Boncuk Pasta) Organic Ayran (Yogurt Drink) Brussels Sprouts with Olive Oil Okra with Olive Oil Eggplant Salad Herbed Bulgur Salad (Kısır with Greens) Mediterranean Green Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Mixed Cold Vegetable Platter Yogurt	Wedding Soup (Düğün Soup) Casserole-Style Stewed Beans Rice Pilaf with Orzo Trileçe (Milk Cake with Caramel Sauce) Sultan Reşat Vegetable Dish with Olive Oil Broccoli with Olive Oil Albanian Liver (Fried Liver Cubes) Adıyaman-Style Raw Bulgur Balls (Çiğ Köfte) Chicken Salad with Cream Sauce Mediterranean Green Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Mixed Cold Vegetable Platter Yogurt Organic Ayran (Yogurt Drink)	Tomato Soup Beef Döner & Fried Potatoes Plain Rice Pilaf Organic Ayran (Yogurt Drink) Fresh Green Beans with Olive Oil Mixed Fried Vegetables with Olive Oil Spicy Antep Pepper Paste (Ezme) Russian Salad (American Salad) Arugula Salad with Tuna Mediterranean Green Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Mixed Cold Vegetable Platter Yogurt	Lentil Soup Stuffed Vine Leaves with Minced Meat (Yaprak Sarma) Layered Pastry with Cheese (Su Böreği) Organic Ayran (Yogurt Drink) Zucchini Fritters with Olive Oil Bombay Beans with Olive Oil Aegean Salad with White Cheese Adıyaman-Style Raw Bulgur Balls (Çiğ Köfte) Arugula Salad with Tomato Mediterranean Green Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Mixed Cold Vegetable Platter Yogurt	Yogurt and Rice Soup (Yayla Soup) Oven-Baked Chicken Drumstick Spaghetti with Sauce Semolina Dessert with Pistachio (İrmik Helvası) Fried Eggplant with Tomato Sauce (Shakshuka) Celery with Olive Oil Lentil Balls Adana-Style (Mercimek Köfte) Arugula Salad Potato Salad with Fresh Mint Mediterranean Green Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Mixed Cold Vegetable Platter Yogurt Organic Ayran (Yogurt Drink)
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Fruit Cake Fruits	Mini Bagel with Mahlep Fruits	Butter Cookie (Shortbread) Fruit	Moist Cocoa Cake Fruit	

NOVEMBER 2025

FOOD MENU

24 NOVEMBER 2025 Monday	25 NOVEMBER 2025 Tuesday	26 NOVEMBER 2025 Wednesday	27 NOVEMBER 2025 Thursday	28 NOVEMBER 2025 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Irmak-Style Fried Pastry with Milk Organic Boiled Egg Pınar Labneh & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Scrambled Eggs Fresh Kashar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Plain Savory Pastry (Poğaçı) Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Omelette with Potatoes String Cheese (Dil Cheese) Ayvalık Green Olives Gemlik Black Olives Pınar Butter Tahini with Grape Molasses Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Pancake Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Lentil Soup Turkish Dumplings with Yogurt Sauce (Manti) Kidney Beans with Olive Oil (Barbunya Pilaki) Profiterole Broccoli with Olive Oil Mixed Fried Vegetables with Olive Oil Eggplant Salad Adıyaman-Style Raw Bulgur Balls (Çiğ Köfte) Caesar Salad with Croutons Mediterranean Green Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Mixed Cold Vegetable Platter Yogurt Organic Ayran (Yogurt Drink)	Chicken Broth Soup Hungarian Kebab (Macar Kebabı) Plain Rice Pilaf Organic Ayran (Yogurt Drink) Wild Green Beans with Olive Oil (Çalı Fasulye) Hummus with Olive Oil Spinach with Yogurt and Garlic (Spinach Tarator) Lentil Balls Antep-Style (Mercimek Köfte) Chicken Salad with Cream Sauce Mediterranean Green Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Mixed Cold Vegetable Platter Yogurt	Wedding Soup (Düğün Soup) Casserole-Style Stewed Chickpeas Rice Pilaf with Orzo Cacık (Yogurt with Cucumber and Mint) Celery with Olive Oil Brussels Sprouts with Olive Oil Carrot with Yogurt and Garlic (Carrot Tarator) Albanian Liver (Fried Liver Cubes) Aegean Salad with Cheese Mediterranean Green Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Mixed Cold Vegetable Platter Yogurt Organic Ayran (Yogurt Drink)	Minted Yogurt Soup Meatballs with Mashed Potato Base (Kadınbudu Köfte) Pasta with Neapolitan Sauce Organic Ayran (Yogurt Drink) Fried Eggplant with Tomato Sauce (Shakshuka) Zucchini Stew with Olive Oil Pink Sultan (Beetroot Yogurt Meze) Bean Salad with Herbs (Piyaz) Green Salad with Tomato Mediterranean Green Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Mixed Cold Vegetable Platter Yogurt	Ezogelin Soup (Red Lentil and Bulgur Soup) Diavola Pizza & French Fries Pendik Bean Stew with Olive Oil (Pilaki) Semolina Dessert with Milk Artichoke with Olive Oil Pepper Borani with Olive Oil Silifke-Style Mint Yogurt Hatay-Style Bulgur Salad (Kısır) Arugula Salad with Tuna Mediterranean Green Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Sauce Mixed Cold Vegetable Platter Yogurt Organic Ayran (Yogurt Drink)
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	
Savory Cookie with Black Cumin Seeds Fruits	Carrot and Cinnamon Cake Fruits	Savory Cookie with Black Cumin Seeds Fruits	Chocolate Mosaic Cake Fruits	

NOVEMBER 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