

DECEMBER 2025 FOOD MENU

1 DECEMBER 2025 Monday	2 DECEMBER 2025 Tuesday	3 DECEMBER 2025 Wednesday	4 DECEMBER 2025 Thursday	5 DECEMBER 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 Carrot Çengelköy Cucumber Linden Tea-Pınar Milk (UHT)	Scrambled Eggs Fresh Kasha Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Carrot Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Turkish Sesame Bagel (Simit) Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Carrot 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 Carrot Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Home-made Bread Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Carrot Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Ezogelin Soup Grilled Köfte (<i>Turkish Meatballs</i>) Bulgur Pilaf with Vermicelli Organic Ayran (<i>Yogurt Drink</i>) Olive Oil-Braised Brussels Sprouts Olive Oil-Braised Okra Eggplant Salad Adıyaman-Style Çiğ Köfte (<i>bulgur-based spicy patty; "çiğ köfte" as traditionally known</i>) Caesar Salad with Croutons Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Chicken Broth Soup Stewed Beans with Meat Rice Pilaf with Orzo Chocolate Cream Spread Olive Oil-Braised "Sultan Reşat" Olive Oil-Braised Broccoli Fried Liver Bites "Arnavut Ciğeri" Herbed Kısır (<i>Bulgur Salad</i>) Chicken Salad with Creamy Dressing Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran (<i>Yogurt Drink</i>)	Yayla Soup (<i>Yogurt & herb soup</i>) Hamburger & Fries Cyprus Dessert (<i>Kıbrıs Tatlısı</i>) Organic Ayran Olive Oil-Braised "İmambayıldı" (<i>Stuffed eggplant with vegetables</i>) Olive Oil-Braised Black-Eyed Peas (<i>Börülce</i>) Spinach Tarator (<i>Spinach with yogurt-garlic dressing</i>) American Salad Orzo Salad with Pickles Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Tomato Soup Oven-Baked Chicken Chops Spaghetti with Sauce Homemade Lemonade Olive Oil-Braised Celery Olive Oil-Braised Purslane Gaziantep-Style Lentil Köfte Pasta with Manti-Style Yogurt Sauce Fresh Mint Potato Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Lentil Soup Ratatouille with Ground Beef Plain Rice Pilaf Semolina Halva with Pistachio "Pendik Pilaki" (<i>olive oil-braised bean dish specific to Pendik style</i>) "Kabak Kalye" (<i>olive oil-braised zucchini dish</i>) "Çıtır Manti" (<i>crispy Turkish dumplings</i>) Green Lentil Salad Arugula & Tomato Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	
Cocoa Cake Fruit	Plain Pastry (Açma) Fruit	Savory Cookie with Black Cumin Seeds, Fruit	Savory Turkish pastry with dill Fruit	

DECEMBER 2025 FOOD MENU

8 DECEMBER 2025 Monday	9 DECEMBER 2025 Tuesday	10 DECEMBER 2025 Wednesday	11 DECEMBER 2025 Thursday	12 DECEMBER 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 Carrot Çengelköy Cucumber Linden Tea-Pınar Milk (UHT)	Scrambled Eggs Fresh Kashar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Carrot 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 Carrot 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 Carrot 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 Carrot Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Lentil Soup "Adana Kebab" Bulgur Pilaf with Vermicelli Organic Ayran Olive Oil-Braised Black-Eyed Peas "Biber Borani" (pepper-yogurt dish) Quinoa & Wheat Salad "Antep Ezme" (spicy chopped salad from Gaziantep) Chicken Salad with Creamy Dressing Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter	Chunky Vegetable Soup Sushi Day Chicken & Vegetable Noodles Chocolate Custard Pudding Olive-Oil Braised Brussels Sprouts Olive Oil-Braised Okra Arugula Salad with Cheese Adıyaman style spicy bulgur patties Potato Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Home-made Lemonade	Yayla Soup (Yogurt & herb soup) Hamburger & Fries Cyprus Dessert (Kıbrıs Tatlısı) Homemade Lemonade Olive Oil-Braised "İmambayıldı" (Stuffed eggplant with vegetables) Olive Oil-Braised Black-Eyed Peas (Börülce) Spinach Tarator (Spinach with yogurt-garlic dressing) American Salad Orzo Salad with Pickles Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Chicken Broth Soup Chickpeas in Casserole Rice Pilaf with Orzo "Şekerpare" Stewed Pinto Beans in Olive Oil Olive-Oil Braised Zucchini Stew Arnavut-Style Fried Liver Pasta with Manti-Style Yogurt Sauce Caesar Salad with Croutons Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran	"Ezogelin" Soup Chicken Steak Penne Arrabbiata Organic Ayran Olive-Oil Braised Celery Olive-Oil Mashed Fava Beans Carrot Tarator (Carrot with Yogurt & Garlic) Hatay-Style Bulgur Salad Aegean Salad with Cheese Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	
Mosaic Cake Fruit	Savory Spinach Cookie Fruit	Savory Crisp Cookie Fruit	Savory Crisp Cookie with Black Cumin Seeds Fruit	

DECEMBER 2025

FOOD MENU

15 DECEMBER 2025 Monday	16 DECEMBER 2025 Tuesday	17 DECEMBER 2025 Wednesday	18 DECEMBER 2025 Thursday	19 DECEMBER 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 Carrot Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Scrambled Eggs Fresh Kashar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Carrot Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Plain Pastry Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Carrot 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 Carrot Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Ezogelin Soup Mashed Potato Meatloaf Bead-Shaped Pasta Organic Ayrın Olive-Oil Braised Brussels Sprouts Olive-Oil Braised Okra Piyaz Salad (<i>Bean & Onion Salad</i>) Herbed Bulgur Salad Caesar Salad with Croutons Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Lentil Soup Dumplings with Yogurt Sauce Stewed Pinto Beans in Olive Oil Profiterole Olive-Oil Braised Sultan Reşat Beans Olive-Oil Braised Broccoli Fresh Mint Potato Salad Adıyaman-Style Lentil Köfte Chicken Salad with Creamy Dressing Mediterranean Greens Salad Iceberg Lettuce Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayrın	Tomato Soup Beef Döner with Pan-Fried Potatoes Plain Rice Pilaf Organic Ayrın Olive-Oil Braised Green Beans Olive-Oil Fried Mixed Vegetables Antep-Style Spicy Ezme American Salad Tuna & Arugula Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Ezogelin Soup Stuffed Vine Leaves with Meat Cheese Su Böreği Homemade Lemonade Zucchini Fritter with Olive Oil Olive-Oil Braised Bombay Beans Aegean Salad with White Cheese Arnavut-Style Fried Liver Tomato & Arugula Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Yogurt & Herb Soup Chicken Schnitzel Spaghetti with Sauce Semolina Halva with Pistachio Olive-Oil Fried Vegetable Medley (<i>Şakşuka</i>) Olive-Oil Braised Celery Antep-Style Lentil Köfte Arugula Salad Eggplant Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayrın
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Raisin Cookie Fruits	Mini Bagel with Mahlep Fruits	Flour Butter Cookie Fruit	Moist Chocolate Cake Fruit	

DECEMBER 2025 FOOD MENU

22 DECEMBER 2025 Monday	23 DECEMBER 2025 Tuesday	24 DECEMBER 2025 Wednesday	25 DECEMBER 2025 Thursday	26 DECEMBER 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 Carrot Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Scrambled Eggs Fresh Kashar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Carrot Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Plain Pastry (Açma) Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Carrot 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 Carrot 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 Carrot Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Vermicelli Soup Grilled Meatballs Spaghetti with Sauce Organic Ayran Olive-Oil Fried Vegetable Medley (Şakşuka) Olive-Oil Sautéed Mushrooms Dill Orzo Salad Antep-Style Spicy Ezme Chicken Salad with Creamy Dressing Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Lentil Soup Diavola Pizza & French Fries Stewed Pinto Beans in Olive Oil Chocolate Pudding Olive-Oil Braised Green Beans Olive-Oil Braised Zucchini Stew Yoghurt with Mint American Salad Tuna & Arugula Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran	Ezogelin Soup Hungarian-Style Kebab Plain Rice Pilaf Organic Ayran Olive-Oil Braised Celery Olive-Oil Braised Bombay Beans Circassian Chicken Crispy Turkish Dumplings Shepherd's Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Wedding Soup Ground Beef & Green Lentils Istanbul-Style Rice Pilaf Ottoman Tulumba Dessert Olive-Oil Fried Mixed Vegetables Olive-Oil Braised Sultan Reşat Beans Beet Yogurt Salad Arnavut-Style Fried Liver Tuna & Arugula Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Yogurt & Herb Soup Chicken Tantuni Wrap Bulgur Pilaf Organic Ayran Olive-Oil Fried Cauliflower Olive-Oil Braised Brussels Sprouts Carrot Tarator Hatay-Style Bulgur Salad Aegean Salad with Cheese Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	
Carrot Cinnamon Cake Fruits	Savory Sesame Cookie Fruits	Apple Pie Fruits	Spiced Puff Pastry Sticks Fruits	

DECEMBER 2025 FOOD MENU

29 DECEMBER 2025 Monday	30 DECEMBER 2025 Tuesday	31 DECEMBER 2025 Wednesday		
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 Carrot Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Scrambled Eggs Fresh Kashar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Fresh Carrot Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Turkish Sesame Bagel (Simit) Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Fresh Carrot Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)		
LUNCH	LUNCH	LUNCH		
Lentil Soup Tray-Baked Kebab Spaghetti with Sauce Organic Ayran Olive-Oil Braised String Beans Olive-Oil Pepper Borani Dill Orzo Salad Antep-Style Spicy Ezme Chicken Salad with Creamy Dressing Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Chicken Broth Soup Stewed Beans with Beef Rice Pilaf with Orzo Semolina Cake with Orange Syrup Olive-Oil Sautéed Vegetables Olive-Oil Braised Broccoli Beet Yogurt Salad Arnavut-Style Fried Liver Tuna & Arugula Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran	New Year's Soup Sautéed Turkey Meat Rice Pilaf with Seasoned Stuffing Éclair Pastry Olive-Oil Braised Celery Olive-Oil Fried Mixed Vegetables Zucchini Tarator American Salad Agean Salad with Cheese Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran		
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK		
Cinnamon Cookie Fruit	Black Seed Crisp Pastry Fruit	Savory Tomato Cookie Fruit		

DECEMBER 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