

# JANUARY 2026

## FOOD MENU



				<b>2 JANUARY 2026, Friday</b>
				<b>BREAKFAST</b>
				Homemade Bread Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Carrots Çengelköy Cucumbers Linden Tea & Pınar Milk (UHT)
				<b>LUNCH</b>
				Ezogelin Soup Adana Kebab Bulgur Pilaf with Vermicelli Organic Ayran Olive-Oil Fried Vegetable Medley "Shakshuka" Olive-Oil Braised Zucchini with Tomatoes Antep-Style Spicy Ezme Antep-Style Lentil Köfte Caesar Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt

# JANUARY 2026

## FOOD MENU

5 JANUARY 2026, Monday	6 JANUARY 2026, Tuesday	7 JANUARY 2026, Wednesday	8 JANUARY 2026, Thursday	9 JANUARY 2026, Friday
BREAKFAST		BREAKFAST		BREAKFAST
LUNCH		LUNCH		LUNCH
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)	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)	Plain Pastry (Poğaça) 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)
Lentil Soup Mixed Grilled Meat Plain Rice Pilaf Organic Ayran Olive-Oil Braised Black-Eyed Peas Olive-Oil Pepper Borani Quinoa & Wheat Salad Eggplant Salad Chicken Salad with Creamy Dressing Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt	Ezogelin Soup Diavola Pizza & Baked Potatoes Sautéed Vegetables Tiramisu Olive-Oil Braised Brussels Sprouts Olive-Oil Braised Leeks Couscous with Yogurt Sauce Adiyaman-Style Lentil Köfte Arugula Salad with Cheese Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran	Chicken Broth Soup Chickpeas Stewed with Beef Rice Pilaf with Orzo Magnolia Dessert Olive-Oil Braised Celery 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	Mushroom Soup Pan-Fried Meatballs with Rice Penne Arrabbiata Organic Ayran Stewed Pinto Beans in Olive Oil Olive-Oil Falafel 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	Chunky Vegetable Soup Chicken with Almond Sauce Bulgur Pilaf with Tomato Organic Ayran Olive-Oil Fried Cauliflower Olive-Oil Braised Broccoli Beet Yogurt Salad Crispy Turkish Dumplings Tuna & Arugula Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran
SNACK		SNACK		SNACK
Mozaic Cake Fruit	Savory Cookie with Black Cumin Seeds Fruit	Sesame Crisp Pastry Fruit	Carrot Cinnamon Cake Fruit	

# JANUARY 2026

## FOOD MENU

12 JANUARY 2026, Monday	13 JANUARY 2026, Tuesday	14 JANUARY 2026, Wednesday	15 JANUARY 2026, Thursday	16 JANUARY 2026, Friday
BREAKFAST		BREAKFAST		
LUNCH		LUNCH		
SNACK	SNACK	SNACK	SNACK	SNACK
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 Fresh Tomato Çengelköy Cucumber Linden Tea - Pınar Milk (UHT)	Sesame Bagel (Simit) 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)
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 Adiyaman-Style Lentil Köfte 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	Tomato Soup Beef Döner with Pan-Fried Potatoes Plain Rice Pilaf Organic Ayran 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	Ground Beef & Green Lentils İstanbul-Style Rice Pilaf Ring-Shaped Fried Dessert Olive-Oil Zucchini Fritters Olive-Oil Braised Bombay Beans Aegean Salad with White Cheese Arnavut-Style Fried Liver Arugula & Tomato Salad Mediterranean Greens Salad Iceberg Lettuce Salad Freshly Grated Carrot Salad Red Cabbage with Vinaigrette Cold Vegetable Platter Yogurt Organic Ayran	Yogurt & Herb Soup Chicken "Calamari-Style" Spaghetti with Sauce Organic Ayran Olive-Oil Fried Vegetable Medley 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	Ezogelin Soup Hamburger Pan-Fried Potatoes Biscuit Dessert Olive-Oil Braised Brussels Sprouts Olive-Oil Braised Vegetables Piyaz Salad 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 Organic Ayran
Savory Cookie Fruit	Raisin Cookie Fruit	Sesame Puff Pastry Sticks Fruit	Moist Chocolate Cake Fruit	

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### Important Notes:

- The bread served at lunch is sourced from Halk Ekmek. Pınar 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