

OCTOBER 2026 FOOD MENU

28 SEPTEMBER 2026 Monday	29 SEPTEMBER 2026 Tuesday	30 SEPTEMBER 2026 Wednesday	1 OCTOBER 2026 Thursday	2 OCTOBER 2026 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Milk Irmak Pişi Organic Boiled Egg Pınar Labneh & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Pınar UHT Milk	Sesame Simit Scrambled Eggs Fresh Kaşar Cheese Gemlik Black Olives Pınar Butter Pınar Honey Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Pınar UHT Milk	Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Pınar UHT Milk	Potato Omelet Dil Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Tahini & Molasses Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Pancakes Organic Boiled Egg Fresh Kaşar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Lentil Soup Meyhane Pilaf Organic Ayran Olive Oil Green Beans Olive Oil Celeriac Hummus Carrot Tarator Bulgur Salad Potato Salad Tablacı Salad Seasonal Salad Mixed Pickles Yogurt	Beyti Kebab Düğün Soup Ottoman Tulumba Olive Oil Mixed Fried Vegetables Olive Oil Barbunya Spicy Tomato Dip Ispanak Tarator Spicy Bulgur Patties Renkli Pasta Cream Sauce Chicken Salad Seasonal Salad Beetroot Pickles Yogurt Organic Ayran	Minced Meat & Lentil Stew Vermicelli Soup Spaghetti with Sauce Organic Ayran Olive Oil Sultan Reşat American Salad Potato Mash Mercimek Köfte Quinoa & Wheat Salad Seasonal Salad Pepper Pickles Yogurt	Chicken Cutlet Vegetable Soup Penne Arrabbiata Organic Ayran Olive Oil Şakşuka Olive Oil Broccoli Olive Oil Bombay Beans Mücver Pembe Sultan Shepherd's Salad Seasonal Salad White Cabbage Pickles Yogurt	İzmir Meatballs Baked Meat Kebab with Vegetables Rice Pilaf with Butter Keşkül Olive Oil Yaprak Sarma Fava Kabak Tarator Crispy Manti Orzo Salad Eggplant Salad Tuna Salad Red Cabbage Pickles Yogurt
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Flour Cookies Fruit	Cocoa Cake Fruit	Mahleb Savory Cookies Fruit	Cream Cheese Sandwiches Fruit	

OCTOBER 2026 FOOD MENU

5 OCTOBER 2026 Monday	6 OCTOBER 2026 Tuesday	7 OCTOBER 2026 Wednesday	8 OCTOBER 2026 Thursday	9 OCTOBER 2026 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Milk Irmak Pişi Organic Boiled Egg Pınar Labneh & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Scrambled Eggs Fresh Kaşar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Plain Poğaç Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Potato Omelet Fresh Kaşar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Tahini & Molasses Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Homemade Bread Organic Boiled Egg Fresh Kaşar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chunky Vegetable Soup Roasted Meatballs with Mash Spaghetti with Sauce Organic Ayran Olive Oil Spinach Olive Oil Broccoli Hummus Carrot Tarator Kısır Potato Salad Tablacı Salad Seasonal Salad Mixed Pickles Yogurt	Lentil Soup Sushi Day! Chicken & Vegetable Noodle Bolçi Supangle Olive Oil Green Beans Olive Oil Stuffed Peppers Spicy Tomato Dip Mücver Turkish Spicy Bulgur Patties Quinoa & Wheat Salad Cream Sauce Chicken Salad Seasonal Salad Beetroot Pickles Homemade Lemonade	Chicken Soup Meat & Dried Beans Stew Rice Pilaf with Orzo Cacık Olive Oil Sultan Reşat Olive Oil Sautéed Vegetables Fava Kabak Tarator Arnavut Ciğeri Renkli Pasta Mediterranean Salad with Dressing Seasonal Salad Pepper Pickles Yogurt Organic Ayran	Yayla Soup Chicken Steak Tomato Sauce Pasta Organic Ayran Olive Oil Fried Cauliflower Olive Oil Brussels Sprouts American Salad Pasta with Yogurt Mercimek Köfte Pembe Sultan Eggplant Salad Tuna Salad Red Cabbage Pickles Yogurt	Ezogelin Soup Minced Meat Ratatouille Plain Rice Pilaf Kıbrıs Tatlısı Olive Oil Şakşuka Olive Oil Bombay Beans Potato Mash Ispanak Tarator Crispy Manti Arpa Şehriye Salad Çoban Salad Seasonal Salad White Cabbage Pickles Yogurt Organic Ayran
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Lemon Cake Fruit	Nigella Seed Crunchy Pastry Fruit	Chocolate Roll Wrap Fruit	Braided Cookies Fruit	

OCTOBER 2026 FOOD MENU

12 OCTOBER 2026 Monday	13 OCTOBER 2026 Tuesday	14 OCTOBER 2026 Wednesday	15 OCTOBER 2026 Thursday	16 OCTOBER 2026 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Milk Irmak Pişi Organic Boiled Egg Pınar Labneh & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Pınar Jam Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Scrambled Eggs Fresh Kaşar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Potato Tray Börek Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Breakfast: Potato Omelet Fresh Kaşar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Tahini & Molasses Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Pancakes Organic Boiled Egg Fresh Kaşar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Orzo Soup Adana Kebab Meyhane Pilaf Organic Ayran Olive Oil Green Beans Olive Oil Celeriac Hummus Carrot Tarator Kısır Potato Salad Tablacı Salad Seasonal Salad Mixed Pickles Yogurt	Lentil Soup Mantı with Yogurt & Sauce Olive Oil Barbunya Pilaki Trileçe Olive Oil Mixed Fried Vegetables Olive Oil Barbunya Spicy Tomato Dip Ispanak Tarator Albanian Liver Quinoa & Wheat Salad Cream Sauce Chicken Salad Seasonal Salad Beetroot Pickles Yogurt Organic Ayran	Vegetable Soup Hamburger & Fries Cinnamon Sütlaç Organic Ayran Olive Oil Sultan Reşat Olive Oil Broccoli American Salad Pasta with Yogurt Turkish Lentil Patties Colorful Cake Mediterranean Salad with Dressing Seasonal Salad Pepper Pickles Yogurt	Chicken Soup Stuffed Bell Peppers with Meat Cheese Su Böreği Compote Olive Oil Şakşuka Olive Oil Brussels Sprouts Fava Zucchini Tarator Çiğ Köfte Orzo Salad Eggplant Salad Tuna Salad Red Cabbage Pickles Yogurt Organic Ayran	Ezogelin Soup Almond Sauce Chicken Fusilli Pasta Panne Cotta Olive Oil Yaprak Sarma Olive Oil Bombay Beans Potato Mash Zucchini Fritters Crispy Mantı Pembe Sultan Çoban Salad Seasonal Salad White Cabbage Pickles Yogurt
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Carrot Cinnamon Cake Fruit	Savory Dry Pastry Fruit	Baton Breadstick Fruit	Plain Pogaca Fruit	

OCTOBER 2026 FOOD MENU

19 OCTOBER 2026 Monday	20 OCTOBER 2026 Tuesday	21 OCTOBER 2026 Wednesday	22 OCTOBER 2026 Thursday	23 OCTOBER 2026 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Milk Irmak Pişi Organic Boiled Egg Pınar Labneh & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Scrambled Eggs Fresh Kaşar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Sesame Simit Organic Boiled Egg Ezine White Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Jam Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Potato Omelet Fresh Kaşar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Tahini & Molasses Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Plain Açma Organic Boiled Egg Fresh Kaşar Cheese Ayvalık Green Olives Gemlik Black Olives Pınar Butter Pınar Honey Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Lentil Soup Grilled Meatballs Beaded Cake Organic Ayran Olive Oil Green Beans Olive Oil Celeriac Hummus Carrot Tarator Kısır Potato Salad Tablacı Salad Seasonal Salad Mixed Pickles Yogurt	Düğün Soup Chickpea Casserole Rice Pilaf with Orzo Tiramisu Olive Oil Mixed Fried Vegetables Olive Oil Barbunya American Salad Pasta with Yogurt Albanian Liver Quinoa & Wheat Salad Cream Sauce Chicken Salad Seasonal Salad Beetroot Pickles Yogurt Organic Ayran	Ezogelin Soup Beef Döner & Pan-Fried Potatoes Plain Rice Pilaf Organic Ayran Olive Oil Sultan Reşat Olive Oil Broccoli Spicy Tomato Dip Ispanak Tarator Lentil Patties Colorful Cake Mediterranean Salad with Dressing Seasonal Salad Pepper Pickles Yogurt	Lentil Soup Meat Stuffed Vine Leaves Cheese Su Böreği Compote Olive Oil Şakşuka Olive Oil Brussels Sprouts Fava Zucchini Tarator Bulgur Patties Orzo Salad Eggplant Salad Tuna Salad Red Cabbage Pickles Yogurt Organic Ayran	Vermicelli Soup Baked Chicken Drumsticks Turkish Noodles Banana Puding Olive Oil Stuffed Peppers Olive Oil Bombay Beans Potato Mash Mücver Crispy Manti Pembe Sultan Shepherd's Salad Seasonal Salad White Cabbage Pickles Yogurt Organic Ayran
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Fruit Cake Fruit	Mahleb Mini Simit Fruit	Flour Cookies Fruit	Moist Chocolate Cake Fruit	

OCTOBER 2026 FOOD MENU

26 OCTOBER 2026 Monday	27 OCTOBER 2026 Tuesday	28 OCTOBER 2026 Wednesday	29 OCTOBER 2026 Thursday	30 OCTOBER 2026 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Milk Irmak Pişi Organic Boiled Egg Pinar Labneh & Triangle Cheese Ayvalık Green Olives Gemlik Black Olives Pinar Butter Pinar Jam Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Scrambled Eggs Fresh Kaşar Cheese Ayvalık Green Olives Gemlik Black Olives Pinar Butter Pinar Honey Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Plain Poğaç Potato Omelet Dil Cheese Ayvalık Green Olives Gemlik Black Olives Pinar Butter Tahini & Molasses Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk	Public Holiday	Pancakes Organic Boiled Egg Fresh Kaşar Cheese Ayvalık Green Olives Gemlik Black Olives Pinar Butter Pinar Honey Sliced Tomatoes Çengelköy Cucumbers Linden Tea - Daily Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Lentil Soup Demi-Glace Sauce Steak Spaghetti with Sauce Organic Ayran Olive Oil Green Beans Olive Oil Celeriac Hummus Carrot Tarator Kısır Potato Salad Tablacı Salad Seasonal Salad Mixed Pickles Yogurt	Ezogelin Soup Diavola Pizza & Pan-Fried Potatoes Barbunya Pilaki Milk Semolina Dessert Olive Oil Mixed Fried Vegetables Olive Oil Barbunya American Salad Pasta with Yogurt Mercimek Köfte Quinoa & Wheat Salad Cream Sauce Chicken Salad Seasonal Salad Beetroot Pickles Yogurt Organic Ayran	Yogurt Mint Soup Curry Sauce Chicken Napolitana Pasta Organic Ayran Olive Oil Sultan Reşat Olive Oil Broccoli Spicy Tomato Dip Ispanak Tarator Bulgur Patties Colorful Cake Mediterranean Salad with Dressing Seasonal Salad Pepper Pickles Yogurt	Public Holiday	Chicken Soup Meat & Dried Beans Stew Orzo Salad Caramelized Milk Pudding Olive Oil Şakşuka Olive Oil Bombay Beans Potato Mash Mücver Crispy Manti Pembe Sultan Shepherd's Salad Seasonal Salad White Cabbage Pickles Yogurt Organic Ayran
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Mozaik Pasta Fruit	Nigella Seed Savory Cookies Fruit			

OCTOBER 2026 FOOD MENU

IMPORTANT NOTES :

- The bread served at lunch is supplied from Halk Ekmek.
- Pınar milk is served at breakfast.
- Our baked goods are prepared using whole wheat, rye, and multi-grain flour.
- No additives such as sweeteners or bouillon are used in any of the products served.
- Fruit is served as an alternative during the afternoon snack.
- Seasonal fruits are served as an open buffet in the dining hall between 10:00–11:30 and 14:00–15:30.
- Only milk and linden tea are served to our 3, 4, 5, and 6-year-old kindergarten students during breakfast and snacks.
- As "Nitelikli Eğitim Kurumları A.Ş." ("Irmak Schools"), your personal data regarding name and surname information collected through this Food Menu will be processed strictly for the purpose of informing which daily meals will be served, and shared strictly with authorized public institutions and organizations within the framework of Personal Data Protection Law No. 6698 ("PDPL") and the relevant legislation in force. Your shared personal data will be stored for the duration required by the processing purpose, provided that the retention periods stipulated by PDPL and other relevant legislation are reserved. For your rights and requests regarding the processing of your personal data during your employment contract, please review the Irmak Schools Employee Clarification Text in the Personal Data Protection section on our website.

Head Chef
Muzaffer Ergün

Project Manager
Tuncay Özen

Food Engineer
Bülent Durmuş

Dietician
Esin Kara

Chair of the School Menu
Metin Yoleri