



İTK PREPARATORY CLASSES MENU JANUARY 2026

MONTHLY NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01.01.2026 MORNING LUNCH PUBLIC HOLIDAY	02.01.2026 MORNING LUNCH Tarhana Soup* Manti* Zucchini-Potato Shakshuka Yogurt*
05.01.2026 MORNING *Whole Milk, *Feta Cheese, *Butter, Honey, Olives, *Omelet, Raisins, Carrots LUNCH Ezogelin Soup* Meat Sauté Bulgur Pilaf* Yogurt*	06.01.2026 MORNING Linden Tea, *Kashar Cheese, Olives, *Butter, Jam, *Boiled Egg, Dried Apricots, Carrots LUNCH Tandoori Soup* Green Lentils Su Boregi (Water Pastry)* Ayran*	07.01.2026 MORNING *Whole Milk, *Feta Cheese, Olives, *Butter-Honey, *Pancakes, Raisins, Carrots LUNCH Tomato Soup* German Meatballs* Roasted Potatoes with Onions and Peppers Yogurt*	08.01.2026 MORNING Rosehip Tea, *Kashar Cheese, Olives, Jam, *Butter, *Boiled Egg, Dried Apricots, Carrots LUNCH Lentil Soup* Peas with Meat Plain Rice Pilaf Yogurt*	09.01.2026 MORNING *Whole Milk, *Feta Cheese, Tahini-Molasses, *French Toast, Olives, Raisins, Carrots LUNCH Anali Kızılı Soup* Meat Doner with Tomato Sauce* Bulgur Pilaf* Ayran*
AFTERNOON Cocoa Cake* Fruit	AFTERNOON Dill Pastry* Fruit	AFTERNOON Two-Color Cookies* Fruit*	AFTERNOON Spring Roll Pastry (Kalem Borek)* Fruit	AFTERNOON Acma (Turkish Bagel)* Fruit
12.01.2026 MORNING *Whole Milk, *Feta Cheese, *Butter, Honey, Olives, *Omelet, Raisins, Carrots LUNCH Yayla Soup* Chickpeas with Meat Bulgur Pilaf Yogurt	13.01.2026 MORNING Linden Tea, *Kashar Cheese, Olives, *Butter, Jam, *Boiled Egg, Dried Apricots, Carrots LUNCH Tandoori Soup* Seasonal Vegetable Stew Potato Roll Pastry* Ayran	14.01.2026 MORNING *Whole Milk, *Feta Cheese, Olives, *Butter-Honey, *Crepe, Raisins, Carrots LUNCH Tarhana Soup* Breaded Whiting*, with Blancher Potatoes Pasta with Sauce* Salad	15.01.2026 MORNING Rosehip Tea, *Kashar Cheese, Olives, Jam, *Butter, *Boiled Egg, Dried Apricots, Carrots LUNCH Lentil Soup* Meat Sauté with Puree Bulgur Pilaf Yogurt*	16.01.2026 MORNING *Whole Milk, *Feta Cheese, Tahini-Molasses, *French Toast, Olives, Raisins, Carrots LUNCH Tomato Soup* Manti with Sauce Kidney Bean Stew (Barbunya) Yogurt*
AFTERNOON Coconut Cake* Fruit	AFTERNOON Plain Pastry (Pogaca)* Fruit	AFTERNOON Homemade Cocoa Cookies* Fruit Yogurt*	AFTERNOON Salted Pretzel Sticks* Fruit	AFTERNOON Milk Simit (Turkish Bagel)* Fruit
19.01.2026 MORNING	20.01.2026 MORNING	21.01.2026 MORNING	22.01.2026 MORNING	23.01.2026 MORNING
LUNCH SEMESTER BREAK	LUNCH SEMESTER BREAK	LUNCH SEMESTER BREAK	LUNCH SEMESTER BREAK	LUNCH SEMESTER BREAK
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
26.01.2026 MORNING	27.01.2026 MORNING	28.01.2026 MORNING	29.01.2026 MORNING	30.01.2026 MORNING
LUNCH SEMESTER BREAK	LUNCH SEMESTER BREAK	LUNCH SEMESTER BREAK	LUNCH SEMESTER BREAK	LUNCH SEMESTER BREAK
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON