



İTK PREPARATORY CLASSES MENU JANUARY 2026

MONTHLY NUTRITION PROGRAM

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