



ITK PRESCHOOL JANUARY 2026

MONTHLY NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01.01.2026 MORNING LUNCH OFFICIAL HOLIDAY	02.01.2026 MORNING LUNCH AFTERNOON
05.01.2026 MORNING *Whole Milk, *Feta Cheese, *Butter, Honey, Olives, *Omelet, Raisins, Carrot LUNCH Ezogelin Soup* Beef Sauté Bulgur Pilaf* Yogurt*	06.01.2026 MORNING Linden Tea, *Kashar Cheese, Olives, *Butter, Jam, *Boiled Egg, Dried Apricot, Carrot LUNCH Tandoori Soup* Green Lentils Water Borek* Ayran*	07.01.2026 MORNING *Whole Milk, *Feta Cheese, Olives, *Butter-Honey, *Pancake, Raisins, Carrot 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 Apricot, Carrot LUNCH Lentil Soup* Peas with Meat Plain Rice Pilaf Yogurt*	09.01.2026 MORNING *Whole Milk, *Feta Cheese, Tahini-Molasses, *Egg Bread, Olives, Raisins, Carrot LUNCH Anali Kizli Soup* Beef Doner with Tomato Sauce* Bulgur Pilaf* Ayran*
AFTERNOON Cocoa Cake* Fruit	AFTERNOON Dill Pastry* Fruit	AFTERNOON Two-Color Cookie* Fruit*	AFTERNOON Cigar Borek* Fruit	AFTERNOON Acma* Fruit
12.01.2026 MORNING *Whole Milk, *Feta Cheese, *Butter, Honey, Olives, *Omelet, Raisins, Carrot LUNCH Yayla Soup* Chickpeas with Meat Bulgur Pilaf Yogurt*	13.01.2026 MORNING Linden Tea, *Kashar Cheese, Olives, *Butter, Jam, *Boiled Egg, Dried Apricot, Carrot LUNCH Tandoori Soup* Seasonal Vegetable Stew Potato Roll Borek* Ayran	14.01.2026 MORNING *Whole Milk, *Feta Cheese, Olives, *Butter-Honey, *Crepe, Raisins, Carrot LUNCH Tarhana Soup* Breaded Whiting Fish *, with Blanched Potatoes Pasta with Sauce* Salad	15.01.2026 MORNING Rosehip Tea, *Kashar Cheese, Olives, Jam, *Butter*, Boiled Egg, Dried Apricot, Carrot LUNCH Lentil Soup* Beef Sauté with Puree Bulgur Pilaf Yogurt*	16.01.2026 MORNING *Whole Milk, *Feta Cheese, Tahini-Molasses, *Egg Bread, Olives, Raisins, Carrot, Carrot LUNCH Tomato Soup* Manti with Sauce* Kidney Bean Stew Yogurt*
AFTERNOON Coconut Cake* Fruit	AFTERNOON Plain Pastry* Fruit	AFTERNOON Homemade Cocoa Cookie* Fruit Yogurt*	AFTERNOON Salty Stick* Fruit	AFTERNOON Milky Simit* Fruit
19.01.2026 MORNING *Whole Milk, *Feta Cheese, *Butter, Honey, Olives, *Omelet, Raisins, Carrot LUNCH Lentil Soup* Mitite Meatballs* Couscous Pasta* Yogurt	20.01.2026 MORNING Linden Tea, *Kashar Cheese, Olives, *Butter, *Boiled Egg, Dried Apricot, Carrot LUNCH Yogurt Soup* Green Beans with Minced Meat Cheese Borek* Yogurt*	21.01.2026 MORNING *Whole Milk, *Feta Cheese, Olives, *Butter-Honey, *Crepe, Raisins, Carrot LUNCH Ezogelin Soup* Roast Meatballs* Mashed Potatoes* Yogurt*	22.01.2026 MORNING Rosehip Tea, *Kashar Cheese, Olives, Jam, *Butter*, Boiled Egg, Dried Apricot, Carrot LUNCH Heybeli Soup* Beef Sauté Buttered Pasta* Ayran*	23.01.2026 MORNING *Whole Milk, *Feta Cheese, Tahini-Molasses, *Egg Bread, Olives, Raisins, Carrot, Carrot LUNCH Broccoli Soup* White Beans with Meat Plain Pilaf Yogurt*
AFTERNOON Plain Cake* Fruit	AFTERNOON Cheese Pastry* Fruit	AFTERNOON Salty Stick* Fruit Yogurt*	AFTERNOON Orange Cookie* Fruit	AFTERNOON Acma* Fruit
26.01.2026 MORNING *Whole Milk, *Feta Cheese, *Butter, Honey, Olives, *Omelet, Raisins, Carrot LUNCH Vegetable Soup* Tas Kebab* Rice Pilaf Yogurt*	27.01.2026 MORNING Linden Tea, *Kashar Cheese, Olives, *Butter, Jam, *Boiled Egg, Dried Apricot, Carrot LUNCH Tandoori Soup* Seasonal Vegetable Stew Derde Pilaf* Yogurt*	28.01.2026 MORNING *Whole Milk, *Feta Cheese, Olives, *Butter-Honey, *Crepe, Raisins, Carrot LUNCH Lentil Soup* Izmir Meatballs* Bulgur Pilaf* Yogurt*	29.01.2026 MORNING Rosehip Tea, *Kashar Cheese, Olives, Jam, *Butter*, Boiled Egg, Dried Apricot, Carrot LUNCH Wedding Soup* Chickpeas with Meat Plain Pilaf Yogurt*	30.01.2026 MORNING *Whole Milk, *Feta Cheese, Tahini-Molasses, *Egg Bread, Olives, Raisins, Carrot, Carrot LUNCH Tomato Soup* Homemade Style Pizza* Potato Wedges Ayran*
AFTERNOON Two-Color Cake* Fruit	AFTERNOON Olive Pastry* Fruit	AFTERNOON Homemade Cocoa Cookie* Fruit	AFTERNOON Chocolate Chip Cookie* Fruit	AFTERNOON Milky Simit* Fruit