



ITK PRESCHOOL JANUARY 2026

MONTHLY NUTRITION PROGRAM

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