



İTK PRIMARY, MIDDLE & HIGH SCHOOL JANUARY 2026

MONTHLY MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01.01.2026 PUBLIC HOLIDAY	02.01.2026 Tarhana Soup* Manti* Zucchini-Potato Shakshuka Yogurt* Salad Bar: Acma (Turkish Bagel)*, Fruit
05.01.2026 Ezogelin Soup* Meat Saute Bulgur Pilaf* Yogurt* Salad Bar: Cocoa Cake*, Fruit	06.01.2026 Tandoori Soup* Green Lentils Su Boregi (Water Pastry)* Ayranc* Salad Bar: Dill Pastry*, Fruit	07.01.2026 Tomato Soup* German Meatballs* Roasted Potatoes with Onions and Peppers Yogurt* Salad Bar: Two-Color Cookies*, Fruit*	08.01.2026 Lentil Soup* Peas with Meat Plain Rice Pilaf Yogurt* Salad Bar: Spring Roll Pastry (Kalem Borek)*, Fruit	09.01.2026 Anali Kizli Soup* Meat Doner with Tomato Sauce* Bulgur Pilaf* Ayranc* Salad Bar: Acma (Turkish Bagel)*, Fruit
12.01.2026 Yayla Soup* Chickpeas with Meat Bulgur Pilaf Yogurt Salad Bar: Coconut Cake*, Fruit	13.01.2026 Tandoori Soup* Seasonal Vegetable Stew Potato Roll Pastry* Ayranc	14.01.2026 Tarhana Soup* Whiting Fish Fillet*, with Blancher Potatoes Pasta with Sauce* Salad Salad Bar: Homemade Cocoa Cookies*, Fruit Yogurt*	15.01.2026 Lentil Soup* Meat Saute with Puree Bulgur Pilaf Yogurt* Salad Bar: Salted Pretzel Sticks*, Fruit	16.01.2026 Tomato Soup* Manti with Sauce Kidney Bean Stew (Barbunya) Yogurt* Salad Bar: Milk Simit (Turkish Bagel)*, Fruit
19.01.2026 SEMESTER BREAK	20.01.2026 SEMESTER BREAK	21.01.2026 SEMESTER BREAK	22.01.2026 SEMESTER BREAK	23.01.2026 SEMESTER BREAK
26.01.2026 SEMESTER BREAK	27.01.2026 SEMESTER BREAK	28.01.2026 SEMESTER BREAK	29.01.2026 SEMESTER BREAK	30.01.2026 SEMESTER BREAK
Salad Bar:	Salad Bar:	Salad Bar:	Salad Bar:	Salad Bar: