



ÖZEL ANTALYA ENVAR OKULLARI İLKOKULU AYLIK MENÜ  
ENVAR COLLEGE PRIVATE PRIMARY SCHOOL'S MONTHLY MENU

TARİH DATE	KAHVALTI BREAKFAST	ÖĞLE YEMEĞİ
01.12.21	SİMİT- KREM PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-TAHİN PEKMEZ-BİTKİ ÇAYI-KURUYEMİŞ TURKISH BAGELS-CREAM CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES- GRAPE MOLASSES WITH TAHINI- HERBAL TEA-NUTS AND DRIED FRUITS	KIYMALI NOHUTLU TARHANA ÇORBA-KAYSERİ MANTISI-YOĞURT-MEYVE-MEVSİM SALATA TARHANA SOUP WITH GROUND BEEF AND CHICKPEAS-TURKISH RAVIOLI-YOGHURT-FRUIT-SEASON SALAD
02.12.21	PİŞİ-BEYAZ PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-ÇİKOLATA-BİTKİ ÇAYI-KURUYEMİŞ PISHI-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-CHOCOLATE SPREAD-HERBAL TEA- NUTS AND DRIED FRUITS	TEL SEHİNYE ÇORBA-SUSAMLI BAĞET-MAKARNA-AYRAN-YEŞİL SALATA-MEYVE VERMİCİLLİ SOUP-ROASTED CHICKEN DRUMSTICKS WITH SESAME SEEDS-PASTA-AYRAN- GREEN SALAD-FRUIT
03.12.21	HAŞLANMIŞ YUMURTA VE PATATES-PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-REÇEL-BAL-MEYVE SUYU-KURUYEMİŞ BOILED EGGS AND POTATOES-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-JAM-HONEY-FRUIT JUICE- NUTS AND DRIED FRUITS	BUĞDAYLI TOYGA ÇORBASI-TAZE FASULYE-BULGUR PİLAVI-ÇACIK-DOMATES SALATA TOYGA SOUP WITH WHEAT-GREEN BEANS-BULGAR WHEAT PILAU-TZATZKI-TOMATO SALAD
TARİH DATE	KAHVALTI BREAKFAST	ÖĞLE YEMEĞİ
06.12.21	YUMURTALI EKMEK-KAŞAR PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-ÇİKOLATA-BAL-MEYVESUYU-KURUYEMİŞ EGGY BREAD-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-CHOCOLATE SPREAD-HONEY-FRUIT JUICE- NUTS AND DRIED FRUITS	MERCİMEK ÇORBASI-HAMBURGER-RUS SALATASI-AYRAN-HİNDİSTAN CEVİZİ PEYİR TATLISI LENTİL SOUP-HAMBURGER-RUSSIAN SALAD-AYRAN- SPONGE PASTRY ROLLS IN SYRUP WITH COCONUT POWDER
07.12.21	PİŞİ-BEYAZ PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-REÇEL-BAL-ÇAY-KURUYEMİŞ PISHI-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-JAM-HONEY-TEA-NUTS AND DRIED FRUITS	KIYMALI YEŞİL MERCİMEK-FIRIN MAKARNA-YOĞURT-TULUMBA-ÇOBAN SALATA GREEN LENTILS WITH GROUND BEEF-BAKED PASTA-YOGHURT-TULUMBA DESSERT- TURKISH SHEPHERD'S SALAD
08.12.21	PATATESLİ YUMURTA-BEYAZ PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-REÇEL-BAL-SÜT SCRAMBLED EGGS WITH POTATOES-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-JAM-HONEY-MILK	TAVUK ŞİNİTEL-ERİŞTE-YOĞURT-MEYVE-DEĞİTME LAHANA SALATASI CHICKEN SCHNITZEL-HOMEMADE NOODLE (ERİSTE)-YOGHURT-FRUIT-CABBAGE SALAD WITH DILL
09.12.21	AÇMA-KAŞAR PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-REÇEL-BAL-MEYVE SUYU-KURUYEMİŞ BAGELS-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-JAM-HONEY-FRUIT JUICE-NUTS AND DRIED FRUITS	ORMAN KEBABI-PİRİNÇ PİLAVI-YOĞURT-MEYVE-MISIRLI MEVSİM SALATA LAMB STEW WITH MIXED VEGETABLES-RICE PILAU-YOGHURT-FRUIT-SEASON SALAD WITH CORN
10.12.21	SERPME BÖREK-KAŞAR PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-TAHİN PEKMEZ-BİTKİ ÇAYI-KURUYEMİŞ SERPME BOREK-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES- GRAPE MOLASSES WITH TAHINI- HERBAL TEA-NUTS AND DRIED FRUITS	KIYMALI PATATES OTURTMA-TEREYAĞLI BULGUR PİLAVI-YOĞURT-MEYVE MEVSİM SALATA POTATOES WITH GROUND BEEF-BULGAR WHEAT PILAU WITH BUTTER-YOGHURT-FRUIT- SEASON SALAD
TARİH DATE	KAHVALTI BREAKFAST	ÖĞLE YEMEĞİ LUNCH
13.12.21	PATATES KIZARTMASI-BEYAZ PEYİR-BAL-ZEYTİN ÇEŞİTLERİ-DOMATES-SALATALIK-BİTKİ ÇAYI-KURUYEMİŞ FRIES-BOILED EGGS-CHEESE-HONEY-OLIVES-SLICED TOMATOES AND CUCUMBERS-HERBAL TEA- NUTS AND DRIED FRUITS	ETLİ NOHUT-BULGUR PİLAVI-KARIŞIK TURŞU-REVANI TATLISI-SUSAMLI MEVSİM SALATA CHICKPEAS WITH MEAT-BULGAR WHEAT PILAU-MIXED PICKLES- TURKISH SEMOLINA CAKE- SEASON SALAD WITH SESAME
14.12.21	HAŞLANMIŞ YUMURTA VE PATATES-PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-REÇEL-BAL-MEYVE SUYU-KURUYEMİŞ BOILED EGGS AND POTATOES-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-JAM-HONEY-FRUIT JUICE- NUTS AND DRIED FRUITS	KIYMALI PATLICAN KARNİYARLIK-PİRİNÇ PİLAVI-YOĞURT-MEYVE-KARIŞIK SALATA SPILT AUBERGINES WITH MEAT FILLING-RICE PILAU-YOGHURT-FRUIT-SALAD
15.12.21	PEYİRLİ KOL BÖREĞİ-KAŞAR PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-REÇEL-BAL-SÜT-KURUYEMİŞ ROLLED PASTRY-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-JAM-HONEY-MILK- NUTS AND DRIED FRUITS	TAVUK ÇORBASI-BİBER DOLMA-SOSLU MAKARNA-YOĞURT-TATLI-BROKOLÜLÜ YEŞİL SALATA CHICKEN SOUP-STUFFED PEPPERS-PASTA WITH TOMATO SAUCE-YOGHURT-DESSERT- GREEN SALAD WITH BROCCOLI
16.12.21	PİŞİ-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-REÇEL-BAL-ÇAY-KURUYEMİŞ PISHI-SLICED TOMATOES AND CUCUMBERS-OLIVES-JAM-HONEY-TEA-NUTS AND DRIED FRUITS	MERCİMEK ÇORBA-SOSLU TAVUK SOTE-SEBZELİ BULGUR PİLAVI-ÇACIK-ÇOBAN SALATA-MEYVE LENTİL SOUP-SAUTEED CHICKEN WITH TOMATO SAUCE-BULGAR WHEAT PILAU WITH VEGETABLES-TZATZKI-TURKISH SHEPHERD'S SALAD-FRUIT
17.12.21	KASAĞI OMLET-BEYAZ PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-REÇEL-BAL-SÜT CHEESE OMELETTE-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-JAM-HONEY-MILK	EZOĞELİN ÇORBASI-PİDE-SALATA-AYRAN-TATLI EZOĞELİN SOUP-PIDE- SALAD-AYRAN-DESSERT
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20.12.21	MENEMEN-BEYAZ PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-ÇİKOLATA-KURUYEMİŞ-MEYVESUYU SCRAMBLED EGGS WITH TOMATOES AND GREEN PAPER-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-CHOCOLATE SPREAD-NUTS AND DRIED FRUITS- FRUIT JUICE	TAVUK SOTE-TEREYAĞLI PİRİNÇ PİLAVI-ÇACIK-MEYVE-ÇOBAN SALATASI SAUTEED CHICKEN-RICE PILAU WITH BUTTER-TZATZKI-FRUIT-TURKISH SHEPHERD'S SALAD
21.12.21	BÖREK-BEYAZ PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-REÇEL-BAL-BİTKİ ÇAYI-KURUYEMİŞ PASTRY-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-JAM-HONEY-HERBAL TEA- NUTS AND DRIED FRUITS	KURU FASULYE-TEREYAĞLI BUĞUR PİLAVI-İRMIK HELVASI-KARIŞIK TURŞU-MEVSİM SALATA TURKISH NAVY BEANS-BULGAR WHEAT PILAU WITH BUTTER-SEMOLINA HALVA-MIXED PICKLES- SEASON SALAD
22.12.21	SAHANDA YUMURTA-KAŞAR PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-TAHİN PEKMEZ-BİTKİ ÇAYI-KURUYEMİŞ FRIED EGGS-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES- GRAPE MOLASSES WITH TAHINI- HERBAL TEA-NUTS AND DRIED FRUITS	KREMALİ BROKOLÜ ÇORBA-EKŞİLİ KÖFTE-MAKARNA-YOĞURT-SALATA-MEYVE CREAMY BROCCOLI SOUP-MEATBALLS WITH RICE IN EGG AND LEMON SAUCE-PASTA-YOGHURT- SALAD-FRUIT
23.12.21	PİŞİ-BEYAZ VE KAŞAR PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-REÇEL-BAL-BİTKİ ÇAYI PISHI-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-JAM-HONEY-HERBAL TEA	TUTMAÇ ÇORBASI-ETLİ BEZELYE-SOSLU MAKARNA-YOĞURT-BROKOLÜLÜ YEŞİL SALATA-SÜTLAÇ TUTMAC SOUP-PEAS WITH MEAT-PASTA WITH TOMATO SAUCE-YOGHURT- GREEN SALAD WITH BROCCOLI-RICE PUDDING
24.12.21	SAHANDA YUMURTA VE PATATES-PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-REÇEL-BAL-MEYVE SUYU-KURUYEMİŞ BOILED EGGS AND POTATOES-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-JAM-HONEY-FRUIT JUICE- NUTS AND DRIED FRUITS	EZOĞELİN ÇORBASI-BALIK-MAKARNA- TAHİN HELVA-YEŞİL SALATA EZOĞELİN SOUP-FISH-PASTA-TAHINI HALVA-GREEN SALAD
TARİH DATE	KAHVALTI BREAKFAST	ÖĞLE YEMEĞİ LUNCH
27.12.21	SİMİT-KREMPEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-REÇEL-BAL-ÇAY-KURUYEMİŞ TURKISH BAGELS-CREAM CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-JAM-HONEY-TEA- NUTS AND DRIED FRUITS	MERCİMEK ÇORBA-PİLAV ÜSTÜ TAVUK DÖNER-YOĞURT-PEYİR TATLISI-ÇOBAN SALATA LENTİL SOUP-TURKISH CHICKEN DÖNER KEBAB WITH RICE PILAU-YOGHURT- SPONGE PASTRY ROLLS IN SYRUP-TURKISH SHEPHERD'S SALAD
28.12.21	PATATESLİ YUMURTA-PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-REÇEL-BAL-MEYVE SUYU-KURUYEMİŞ SCRAMBLED EGGS WITH POTATOES-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-JAM-HONEY-FRUIT JUICE- NUTS AND DRIED FRUITS	ETLİ NOHUT-ŞEHİRİYELİ BULGUR PİLAVI-KARIŞIK TURŞU-MEYVE-SUSAMLI MEVSİM SALATA CHICKPEAS WITH MEAT-BULGAR WHEAT PILAU WITH VERMICELLI-MIXED PICKLES-FRUIT- SEASON SALAD WITH SESAME
29.12.21	PİŞİ-BEYAZ VE KAŞAR PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-REÇEL-BAL-BİTKİ ÇAYI PISHI-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-JAM-HONEY-HERBAL TEA	İBEMALİ TAVUK ÇORBASI-BEŞAMEL SOSLU İPANAĞ-KURU SÜPİE MAKARNA-YOĞURT-SALATA-PUDDING CREAMY CHICKEN SOUP-SPINACH WITH BECHAMEL SAUCE-PASTA SOUFFLE-YOGHURT-SALAD-PUDDING
30.12.21	HAŞLANMIŞ YUMURTA VE PATATES-PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-REÇEL-BAL-MEYVE SUYU-KURUYEMİŞ BOILED EGGS AND POTATOES-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES-JAM-HONEY-FRUIT JUICE- NUTS AND DRIED FRUITS	EZOĞELİN ÇORBASI-HAMBURGER-PATATES SALATASI-AYRAN-MEYVE EZOĞELİN SOUP-HAMBURGER-POTATO SALAD-AYRAN-FRUIT
31.12.21	SERPME BÖREK-KAŞAR PEYİR-DOMATES-SALATALIK-ZEYTİN ÇEŞİTLERİ-TAHİN PEKMEZ-BİTKİ ÇAYI-KURUYEMİŞ SERPME BOREK-CHEESE-SLICED TOMATOES AND CUCUMBERS-OLIVES- GRAPE MOLASSES WITH TAHINI- HERBAL TEA-NUTS AND DRIED FRUITS	PATLICAN MUSAKKA-TEREYAĞLI PİRİNÇ PİLAVI-ÇACIK-BAKLAVA-DOMATES SALATASI TURKISH MOUSSAKKA-RICE PILAU WITH BUTTER-TZATZKI-BAKLAVA-TOMATO SALAD

YEMEK HAZIRLAMA KOMİSYONU  
THE COMMITTEE SET UP TO PREPARE THE LISTS OF MEALS

YÜKSEL ARSLAN - KAMPÜS MÜDÜRÜ- PRINCIPLE

SERKAN YURTTAŞ - İDARİ İŞLER YÖNETİCİSİ-ADMINISTRATIVE AFFAIRS SUPERVISOR

AYŞE ŞAHİN - DİYETİSYEN - DIETITIAN

FERİT YILMAZ - AŞÇI BAŞI - CHEF

BEYZA COŞKUNSU - REHBER ÖĞRETMEN-SCHOOL COUNSELLOR

REYYAN KADIOĞLU - NEHİR ÇILDİR - ÖĞRENCİ - STUDENT

