

ESKİŞEHİR TEKNİK ÜNİVERSİTESİ (ESTÜ)

TEMMUZ 2025 GENEL YEMEK MENÜSÜ

	<table><tr><th>01.07.2025 Salı</th><th>Miktar</th><th>Kalori</th></tr><tr><td>SEBZE ÇORBASI</td><td>200 gr.</td><td>218</td></tr><tr><td>KÖRİLİ TAVUK SOTE</td><td>150 gr.</td><td>305</td></tr><tr><td>ISPANAK YEMEĞİ*</td><td>200 gr.</td><td>259</td></tr><tr><td>MAKARNA</td><td>150 gr.</td><td>245</td></tr><tr><td>MEYVE</td><td>150 gr.</td><td>100</td></tr></table>	01.07.2025 Salı	Miktar	Kalori	SEBZE ÇORBASI	200 gr.	218	KÖRİLİ TAVUK SOTE	150 gr.	305	ISPANAK YEMEĞİ*	200 gr.	259	MAKARNA	150 gr.	245	MEYVE	150 gr.	100	<table><tr><th>02.07.2025 Çarşamba</th><th>Miktar</th><th>Kalori</th></tr><tr><td>DÜĞÜN ÇORBASI</td><td>200 gr.</td><td>287</td></tr><tr><td>GEMİCİ KURU FASULYE</td><td>200 gr.</td><td>301</td></tr><tr><td>GEMİCİ KURU FASULYE*</td><td>200 gr.</td><td>298</td></tr><tr><td>PİRİNÇ PILAVI</td><td>160 gr.</td><td>265</td></tr><tr><td>ŞEKERPAZE</td><td>120 gr.</td><td>302</td></tr></table>	02.07.2025 Çarşamba	Miktar	Kalori	DÜĞÜN ÇORBASI	200 gr.	287	GEMİCİ KURU FASULYE	200 gr.	301	GEMİCİ KURU FASULYE*	200 gr.	298	PİRİNÇ PILAVI	160 gr.	265	ŞEKERPAZE	120 gr.	302	<table><tr><th>03.07.2025 Perşembe</th><th>Miktar</th><th>Kalori</th></tr><tr><td>ŞEHRIYE ÇORBASI</td><td>200 gr.</td><td>214</td></tr><tr><td>KIYM. PATATES MUSAKKA</td><td>220 gr</td><td>302</td></tr><tr><td>PATATES YEMEĞİ*</td><td>200 gr.</td><td>296</td></tr><tr><td>MAKARNA</td><td>150 gr.</td><td>253</td></tr><tr><td>CACIK</td><td>185 gr.</td><td>128</td></tr></table>	03.07.2025 Perşembe	Miktar	Kalori	ŞEHRIYE ÇORBASI	200 gr.	214	KIYM. PATATES MUSAKKA	220 gr	302	PATATES YEMEĞİ*	200 gr.	296	MAKARNA	150 gr.	253	CACIK	185 gr.	128	<table><tr><th>04.07.2025 Cuma</th><th>Miktar</th><th>Kalori</th></tr><tr><td>ISPANAK ÇORBASI</td><td>200 gr.</td><td>208</td></tr><tr><td>TAS KEBABI</td><td>170 gr.</td><td>312</td></tr><tr><td>ZY. KABAK*</td><td>200 gr.</td><td>208</td></tr><tr><td>BULGUR PILAVI</td><td>160 gr.</td><td>265</td></tr><tr><td>MEVSİM SALATA</td><td>100 gr.</td><td>75</td></tr></table>	04.07.2025 Cuma	Miktar	Kalori	ISPANAK ÇORBASI	200 gr.	208	TAS KEBABI	170 gr.	312	ZY. KABAK*	200 gr.	208	BULGUR PILAVI	160 gr.	265	MEVSİM SALATA	100 gr.	75																		
01.07.2025 Salı	Miktar	Kalori																																																																																												
SEBZE ÇORBASI	200 gr.	218																																																																																												
KÖRİLİ TAVUK SOTE	150 gr.	305																																																																																												
ISPANAK YEMEĞİ*	200 gr.	259																																																																																												
MAKARNA	150 gr.	245																																																																																												
MEYVE	150 gr.	100																																																																																												
02.07.2025 Çarşamba	Miktar	Kalori																																																																																												
DÜĞÜN ÇORBASI	200 gr.	287																																																																																												
GEMİCİ KURU FASULYE	200 gr.	301																																																																																												
GEMİCİ KURU FASULYE*	200 gr.	298																																																																																												
PİRİNÇ PILAVI	160 gr.	265																																																																																												
ŞEKERPAZE	120 gr.	302																																																																																												
03.07.2025 Perşembe	Miktar	Kalori																																																																																												
ŞEHRIYE ÇORBASI	200 gr.	214																																																																																												
KIYM. PATATES MUSAKKA	220 gr	302																																																																																												
PATATES YEMEĞİ*	200 gr.	296																																																																																												
MAKARNA	150 gr.	253																																																																																												
CACIK	185 gr.	128																																																																																												
04.07.2025 Cuma	Miktar	Kalori																																																																																												
ISPANAK ÇORBASI	200 gr.	208																																																																																												
TAS KEBABI	170 gr.	312																																																																																												
ZY. KABAK*	200 gr.	208																																																																																												
BULGUR PILAVI	160 gr.	265																																																																																												
MEVSİM SALATA	100 gr.	75																																																																																												
<table><tr><th>07.07.2025 Pazartesi</th><th>Miktar</th><th>Kalori</th></tr><tr><td>MERCİMEK ÇORBASI</td><td>200 gr.</td><td>225</td></tr><tr><td>DALYAN KÖFTE</td><td>100 gr.+Garn.</td><td>326</td></tr><tr><td>MANTAR SOTE*</td><td>175 gr.</td><td>247</td></tr><tr><td>MAKARNA</td><td>150 gr.</td><td>255</td></tr><tr><td>MEYVE</td><td>150 gr.</td><td>100</td></tr></table>	07.07.2025 Pazartesi	Miktar	Kalori	MERCİMEK ÇORBASI	200 gr.	225	DALYAN KÖFTE	100 gr.+Garn.	326	MANTAR SOTE*	175 gr.	247	MAKARNA	150 gr.	255	MEYVE	150 gr.	100	<table><tr><th>08.07.2025 Salı</th><th>Miktar</th><th>Kalori</th></tr><tr><td>TARHANA ÇORBASI</td><td>200 gr.</td><td>178</td></tr><tr><td>PATLICAN MUSAKKA</td><td>200 gr.</td><td>307</td></tr><tr><td>PATLICAN YEMEĞİ</td><td>200 gr.</td><td>275</td></tr><tr><td>SEBZELİ BULGUR PILAVI</td><td>175 gr.</td><td>248</td></tr><tr><td>AYRAN</td><td>200 ml.</td><td>56</td></tr></table>	08.07.2025 Salı	Miktar	Kalori	TARHANA ÇORBASI	200 gr.	178	PATLICAN MUSAKKA	200 gr.	307	PATLICAN YEMEĞİ	200 gr.	275	SEBZELİ BULGUR PILAVI	175 gr.	248	AYRAN	200 ml.	56	<table><tr><th>09.07.2025 Çarşamba</th><th>Miktar</th><th>Kalori</th></tr><tr><td>DOMATES ÇORBASI</td><td>200 gr.</td><td>210</td></tr><tr><td>KIYM. BİBER DOLMA+YOĞURT</td><td>250 gr.</td><td>297</td></tr><tr><td>ZY. BİBER DOLMA*</td><td>220 gr.</td><td>269</td></tr><tr><td>PEYNİRLİ MİLFÖY</td><td>200 gr.</td><td>210</td></tr><tr><td>İRMİK HELVASI</td><td>120 gr.</td><td>218</td></tr></table>	09.07.2025 Çarşamba	Miktar	Kalori	DOMATES ÇORBASI	200 gr.	210	KIYM. BİBER DOLMA+YOĞURT	250 gr.	297	ZY. BİBER DOLMA*	220 gr.	269	PEYNİRLİ MİLFÖY	200 gr.	210	İRMİK HELVASI	120 gr.	218	<table><tr><th>10.07.2025 Perşembe</th><th>Miktar</th><th>Kalori</th></tr><tr><td>KÖYLÜ ÇORBA</td><td>200 gr.</td><td>282</td></tr><tr><td>SOSLU MANTI+YOĞURT</td><td>200 gr.</td><td>304</td></tr><tr><td>TAZE FASULYE*</td><td>200 gr.</td><td>396</td></tr><tr><td>PATATES SALATASI</td><td>150 gr.</td><td>96</td></tr><tr><td>AŞURE</td><td>150 gr.</td><td>268</td></tr></table>	10.07.2025 Perşembe	Miktar	Kalori	KÖYLÜ ÇORBA	200 gr.	282	SOSLU MANTI+YOĞURT	200 gr.	304	TAZE FASULYE*	200 gr.	396	PATATES SALATASI	150 gr.	96	AŞURE	150 gr.	268	<table><tr><th>11.07.2025 Cuma</th><th>Miktar</th><th>Kalori</th></tr><tr><td>AYRAN AŞI ÇORBA</td><td>200 gr.</td><td>215</td></tr><tr><td>TAVUK PİRZOLA+GARN.</td><td>200 gr.</td><td>296</td></tr><tr><td>SEBZE YEMEĞİ*</td><td>200 gr.</td><td>256</td></tr><tr><td>MISIRLI PİRİNÇ PILAVI</td><td>150 gr.</td><td>285</td></tr><tr><td>MEVSİM SALATA</td><td>90 gr.</td><td>75</td></tr></table>	11.07.2025 Cuma	Miktar	Kalori	AYRAN AŞI ÇORBA	200 gr.	215	TAVUK PİRZOLA+GARN.	200 gr.	296	SEBZE YEMEĞİ*	200 gr.	256	MISIRLI PİRİNÇ PILAVI	150 gr.	285	MEVSİM SALATA	90 gr.	75
07.07.2025 Pazartesi	Miktar	Kalori																																																																																												
MERCİMEK ÇORBASI	200 gr.	225																																																																																												
DALYAN KÖFTE	100 gr.+Garn.	326																																																																																												
MANTAR SOTE*	175 gr.	247																																																																																												
MAKARNA	150 gr.	255																																																																																												
MEYVE	150 gr.	100																																																																																												
08.07.2025 Salı	Miktar	Kalori																																																																																												
TARHANA ÇORBASI	200 gr.	178																																																																																												
PATLICAN MUSAKKA	200 gr.	307																																																																																												
PATLICAN YEMEĞİ	200 gr.	275																																																																																												
SEBZELİ BULGUR PILAVI	175 gr.	248																																																																																												
AYRAN	200 ml.	56																																																																																												
09.07.2025 Çarşamba	Miktar	Kalori																																																																																												
DOMATES ÇORBASI	200 gr.	210																																																																																												
KIYM. BİBER DOLMA+YOĞURT	250 gr.	297																																																																																												
ZY. BİBER DOLMA*	220 gr.	269																																																																																												
PEYNİRLİ MİLFÖY	200 gr.	210																																																																																												
İRMİK HELVASI	120 gr.	218																																																																																												
10.07.2025 Perşembe	Miktar	Kalori																																																																																												
KÖYLÜ ÇORBA	200 gr.	282																																																																																												
SOSLU MANTI+YOĞURT	200 gr.	304																																																																																												
TAZE FASULYE*	200 gr.	396																																																																																												
PATATES SALATASI	150 gr.	96																																																																																												
AŞURE	150 gr.	268																																																																																												
11.07.2025 Cuma	Miktar	Kalori																																																																																												
AYRAN AŞI ÇORBA	200 gr.	215																																																																																												
TAVUK PİRZOLA+GARN.	200 gr.	296																																																																																												
SEBZE YEMEĞİ*	200 gr.	256																																																																																												
MISIRLI PİRİNÇ PILAVI	150 gr.	285																																																																																												
MEVSİM SALATA	90 gr.	75																																																																																												
<table><tr><th>14.07.2025 Pazartesi</th><th>Miktar</th><th>Kalori</th></tr><tr><td>EZOĞELİN ÇORBASI</td><td>200 gr.</td><td>227</td></tr><tr><td>ETLİ NOHUT</td><td>200 gr.</td><td>297</td></tr><tr><td>NOHUT YEMEĞİ*</td><td>200 gr.</td><td>285</td></tr><tr><td>BULGUR PILAVI</td><td>175 gr.</td><td>248</td></tr><tr><td>CACIK</td><td>185 gr.</td><td>128</td></tr></table>	14.07.2025 Pazartesi	Miktar	Kalori	EZOĞELİN ÇORBASI	200 gr.	227	ETLİ NOHUT	200 gr.	297	NOHUT YEMEĞİ*	200 gr.	285	BULGUR PILAVI	175 gr.	248	CACIK	185 gr.	128	<table><tr><th>15.07.2025 Salı</th><th>Miktar</th><th>Kalori</th></tr><tr><td colspan="3">RESMİ TATİL</td></tr></table>	15.07.2025 Salı	Miktar	Kalori	RESMİ TATİL			<table><tr><th>16.07.2025 Çarşamba</th><th>Miktar</th><th>Kalori</th></tr><tr><td>TOYGA ÇORBA</td><td>200 gr.</td><td>276</td></tr><tr><td>TAVUK DÖNER+GARN.</td><td>100 gr.+Garn.</td><td>296</td></tr><tr><td>ZY. BROKOLİ*</td><td>175 gr.</td><td>274</td></tr><tr><td>ŞEHR.PİRİNÇ PILAVI</td><td>160 gr.</td><td>264</td></tr><tr><td>AYRAN</td><td>200 ml.</td><td>56</td></tr></table>	16.07.2025 Çarşamba	Miktar	Kalori	TOYGA ÇORBA	200 gr.	276	TAVUK DÖNER+GARN.	100 gr.+Garn.	296	ZY. BROKOLİ*	175 gr.	274	ŞEHR.PİRİNÇ PILAVI	160 gr.	264	AYRAN	200 ml.	56	<table><tr><th>17.07.2025 Perşembe</th><th>Miktar</th><th>Kalori</th></tr><tr><td>MISIR ÇORBASI</td><td>200 gr.</td><td>256</td></tr><tr><td>ÇOBAN KAVURMA</td><td>150 gr.</td><td>304</td></tr><tr><td>FIRIN KARNABAHAAR*</td><td>200 gr.</td><td>265</td></tr><tr><td>BULGUR PILAVI</td><td>175 gr.</td><td>248</td></tr><tr><td>HAVUÇ TARATOR</td><td>100 gr.</td><td>186</td></tr></table>	17.07.2025 Perşembe	Miktar	Kalori	MISIR ÇORBASI	200 gr.	256	ÇOBAN KAVURMA	150 gr.	304	FIRIN KARNABAHAAR*	200 gr.	265	BULGUR PILAVI	175 gr.	248	HAVUÇ TARATOR	100 gr.	186	<table><tr><th>18.07.2025 Cuma</th><th>Miktar</th><th>Kalori</th></tr><tr><td>YAYLA ÇORBA</td><td>200 gr.</td><td>217</td></tr><tr><td>LAZANYA</td><td>170 gr.</td><td>312</td></tr><tr><td>İMAM BAYILDI*</td><td>200 gr.</td><td>267</td></tr><tr><td>PATLICAN SALATASI</td><td>150 gr.</td><td>204</td></tr><tr><td>MEYVE SUYU</td><td>200 ml</td><td>115</td></tr></table>	18.07.2025 Cuma	Miktar	Kalori	YAYLA ÇORBA	200 gr.	217	LAZANYA	170 gr.	312	İMAM BAYILDI*	200 gr.	267	PATLICAN SALATASI	150 gr.	204	MEYVE SUYU	200 ml	115												
14.07.2025 Pazartesi	Miktar	Kalori																																																																																												
EZOĞELİN ÇORBASI	200 gr.	227																																																																																												
ETLİ NOHUT	200 gr.	297																																																																																												
NOHUT YEMEĞİ*	200 gr.	285																																																																																												
BULGUR PILAVI	175 gr.	248																																																																																												
CACIK	185 gr.	128																																																																																												
15.07.2025 Salı	Miktar	Kalori																																																																																												
RESMİ TATİL																																																																																														
16.07.2025 Çarşamba	Miktar	Kalori																																																																																												
TOYGA ÇORBA	200 gr.	276																																																																																												
TAVUK DÖNER+GARN.	100 gr.+Garn.	296																																																																																												
ZY. BROKOLİ*	175 gr.	274																																																																																												
ŞEHR.PİRİNÇ PILAVI	160 gr.	264																																																																																												
AYRAN	200 ml.	56																																																																																												
17.07.2025 Perşembe	Miktar	Kalori																																																																																												
MISIR ÇORBASI	200 gr.	256																																																																																												
ÇOBAN KAVURMA	150 gr.	304																																																																																												
FIRIN KARNABAHAAR*	200 gr.	265																																																																																												
BULGUR PILAVI	175 gr.	248																																																																																												
HAVUÇ TARATOR	100 gr.	186																																																																																												
18.07.2025 Cuma	Miktar	Kalori																																																																																												
YAYLA ÇORBA	200 gr.	217																																																																																												
LAZANYA	170 gr.	312																																																																																												
İMAM BAYILDI*	200 gr.	267																																																																																												
PATLICAN SALATASI	150 gr.	204																																																																																												
MEYVE SUYU	200 ml	115																																																																																												
<table><tr><th>21.07.2025 Pazartesi</th><th>Miktar</th><th>Kalori</th></tr><tr><td>KR. MANTAR ÇORBASI</td><td>200 gr.</td><td>226</td></tr><tr><td>KIYMALI BARBUNYA</td><td>200 gr.</td><td>295</td></tr><tr><td>ZY. BARBUNYA*</td><td>200 gr.</td><td>272</td></tr><tr><td>PİRİNÇ PILAVI</td><td>160 gr.</td><td>265</td></tr><tr><td>TURŞU</td><td>100 gr.</td><td>118</td></tr></table>	21.07.2025 Pazartesi	Miktar	Kalori	KR. MANTAR ÇORBASI	200 gr.	226	KIYMALI BARBUNYA	200 gr.	295	ZY. BARBUNYA*	200 gr.	272	PİRİNÇ PILAVI	160 gr.	265	TURŞU	100 gr.	118	<table><tr><th>22.07.2025 Salı</th><th>Miktar</th><th>Kalori</th></tr><tr><td>MERCİMEK ÇORBA</td><td>200 gr.</td><td>225</td></tr><tr><td>FIRIN TAVUK</td><td>120 gr.+Garn.</td><td>296</td></tr><tr><td>ZY. SEBZE SOTE*</td><td>175 gr.</td><td>258</td></tr><tr><td>SOSLU SPAGETTİ</td><td>150 gr.</td><td>249</td></tr><tr><td>AYRAN</td><td>200 ml</td><td>56</td></tr></table>	22.07.2025 Salı	Miktar	Kalori	MERCİMEK ÇORBA	200 gr.	225	FIRIN TAVUK	120 gr.+Garn.	296	ZY. SEBZE SOTE*	175 gr.	258	SOSLU SPAGETTİ	150 gr.	249	AYRAN	200 ml	56	<table><tr><th>23.07.2025 Çarşamba</th><th>Miktar</th><th>Kalori</th></tr><tr><td>KÖZ KAPYA ÇORBASI</td><td>200 gr.</td><td>221</td></tr><tr><td>KIYMALI KABAK GRATEN</td><td>220 gr.</td><td>304</td></tr><tr><td>FIRIN MÜCVER*</td><td>200 gr.</td><td>245</td></tr><tr><td>ERİŞTE</td><td>150 gr.</td><td>254</td></tr><tr><td>KEŞKÜL</td><td>150 gr.</td><td>302</td></tr></table>	23.07.2025 Çarşamba	Miktar	Kalori	KÖZ KAPYA ÇORBASI	200 gr.	221	KIYMALI KABAK GRATEN	220 gr.	304	FIRIN MÜCVER*	200 gr.	245	ERİŞTE	150 gr.	254	KEŞKÜL	150 gr.	302	<table><tr><th>24.07.2025 Perşembe</th><th>Miktar</th><th>Kalori</th></tr><tr><td>ANADOLU ÇORBA</td><td>200 gr.</td><td>283</td></tr><tr><td>PAPAZ YAHNİ</td><td>150 gr.</td><td>305</td></tr><tr><td>MEVSİM TURLÜ*</td><td>175 gr.</td><td>298</td></tr><tr><td>PİRİNÇ PILAVI</td><td>160 gr.</td><td>265</td></tr><tr><td>MEYVE</td><td>150 gr.</td><td>100</td></tr></table>	24.07.2025 Perşembe	Miktar	Kalori	ANADOLU ÇORBA	200 gr.	283	PAPAZ YAHNİ	150 gr.	305	MEVSİM TURLÜ*	175 gr.	298	PİRİNÇ PILAVI	160 gr.	265	MEYVE	150 gr.	100	<table><tr><th>25.07.2025 Cuma</th><th>Miktar</th><th>Kalori</th></tr><tr><td>MANTI ÇORBA</td><td>200 gr.</td><td>276</td></tr><tr><td>KIYM. TAZE FASULYE</td><td>200 gr.</td><td>302</td></tr><tr><td>TAZE FASULYE*</td><td>200 gr.</td><td>288</td></tr><tr><td>BULGUR PILAVI</td><td>175 gr.</td><td>248</td></tr><tr><td>KARPUZ</td><td>150 gr.</td><td>102</td></tr></table>	25.07.2025 Cuma	Miktar	Kalori	MANTI ÇORBA	200 gr.	276	KIYM. TAZE FASULYE	200 gr.	302	TAZE FASULYE*	200 gr.	288	BULGUR PILAVI	175 gr.	248	KARPUZ	150 gr.	102
21.07.2025 Pazartesi	Miktar	Kalori																																																																																												
KR. MANTAR ÇORBASI	200 gr.	226																																																																																												
KIYMALI BARBUNYA	200 gr.	295																																																																																												
ZY. BARBUNYA*	200 gr.	272																																																																																												
PİRİNÇ PILAVI	160 gr.	265																																																																																												
TURŞU	100 gr.	118																																																																																												
22.07.2025 Salı	Miktar	Kalori																																																																																												
MERCİMEK ÇORBA	200 gr.	225																																																																																												
FIRIN TAVUK	120 gr.+Garn.	296																																																																																												
ZY. SEBZE SOTE*	175 gr.	258																																																																																												
SOSLU SPAGETTİ	150 gr.	249																																																																																												
AYRAN	200 ml	56																																																																																												
23.07.2025 Çarşamba	Miktar	Kalori																																																																																												
KÖZ KAPYA ÇORBASI	200 gr.	221																																																																																												
KIYMALI KABAK GRATEN	220 gr.	304																																																																																												
FIRIN MÜCVER*	200 gr.	245																																																																																												
ERİŞTE	150 gr.	254																																																																																												
KEŞKÜL	150 gr.	302																																																																																												
24.07.2025 Perşembe	Miktar	Kalori																																																																																												
ANADOLU ÇORBA	200 gr.	283																																																																																												
PAPAZ YAHNİ	150 gr.	305																																																																																												
MEVSİM TURLÜ*	175 gr.	298																																																																																												
PİRİNÇ PILAVI	160 gr.	265																																																																																												
MEYVE	150 gr.	100																																																																																												
25.07.2025 Cuma	Miktar	Kalori																																																																																												
MANTI ÇORBA	200 gr.	276																																																																																												
KIYM. TAZE FASULYE	200 gr.	302																																																																																												
TAZE FASULYE*	200 gr.	288																																																																																												
BULGUR PILAVI	175 gr.	248																																																																																												
KARPUZ	150 gr.	102																																																																																												
<table><tr><th>28.07.2025 Pazartesi</th><th>Miktar</th><th>Kalori</th></tr><tr><td>DOMATES ÇORBASI</td><td>200 gr.</td><td>205</td></tr><tr><td>ET DÖNER+GARN.</td><td>90 gr.+Garn.</td><td>301</td></tr><tr><td>YEŞİL MERCİMEK*</td><td>200 gr.</td><td>278</td></tr><tr><td>NOHUTLU PİRİNÇ PILAVI</td><td>160 gr.</td><td>284</td></tr><tr><td>AYRAN</td><td>200 ml</td><td>56</td></tr></table>	28.07.2025 Pazartesi	Miktar	Kalori	DOMATES ÇORBASI	200 gr.	205	ET DÖNER+GARN.	90 gr.+Garn.	301	YEŞİL MERCİMEK*	200 gr.	278	NOHUTLU PİRİNÇ PILAVI	160 gr.	284	AYRAN	200 ml	56	<table><tr><th>29.07.2025 Salı</th><th>Miktar</th><th>Kalori</th></tr><tr><td>SOĞAN ÇORBASI</td><td>200 gr.</td><td>218</td></tr><tr><td>PİLİÇ EMENSE</td><td>120 gr.+Garn.</td><td>326</td></tr><tr><td>PATATES YEMEĞİ*</td><td>200 gr.</td><td>264</td></tr><tr><td>MAKARNA</td><td>150 gr.</td><td>254</td></tr><tr><td>PUDİNG</td><td>150 gr.</td><td>252</td></tr></table>	29.07.2025 Salı	Miktar	Kalori	SOĞAN ÇORBASI	200 gr.	218	PİLİÇ EMENSE	120 gr.+Garn.	326	PATATES YEMEĞİ*	200 gr.	264	MAKARNA	150 gr.	254	PUDİNG	150 gr.	252	<table><tr><th>30.07.2025 Çarşamba</th><th>Miktar</th><th>Kalori</th></tr><tr><td>MERCİMEK ÇORBASI</td><td>200 gr.</td><td>225</td></tr><tr><td>SULU KÖFTE</td><td>200 gr.</td><td>316</td></tr><tr><td>YOĞ. ISPANAK*</td><td>200 gr.</td><td>297</td></tr><tr><td>PİRİNÇ PILAVI</td><td>160 gr.</td><td>265</td></tr><tr><td>MEYVE SUYU</td><td>200 ml</td><td>115</td></tr></table>	30.07.2025 Çarşamba	Miktar	Kalori	MERCİMEK ÇORBASI	200 gr.	225	SULU KÖFTE	200 gr.	316	YOĞ. ISPANAK*	200 gr.	297	PİRİNÇ PILAVI	160 gr.	265	MEYVE SUYU	200 ml	115	<table><tr><th>31.07.2025 Perşembe</th><th>Miktar</th><th>Kalori</th></tr><tr><td>YOĞURT ÇORBASI</td><td>200 gr.</td><td>148</td></tr><tr><td>KIY. KURU FASULYE</td><td>200 gr.</td><td>308</td></tr><tr><td>KURU FASULYE*</td><td>200 gr.</td><td>298</td></tr><tr><td>BULGUR PILAVI</td><td>175 gr.</td><td>209</td></tr><tr><td>CACIK</td><td>150 gr.</td><td>128</td></tr></table>	31.07.2025 Perşembe	Miktar	Kalori	YOĞURT ÇORBASI	200 gr.	148	KIY. KURU FASULYE	200 gr.	308	KURU FASULYE*	200 gr.	298	BULGUR PILAVI	175 gr.	209	CACIK	150 gr.	128																			
28.07.2025 Pazartesi	Miktar	Kalori																																																																																												
DOMATES ÇORBASI	200 gr.	205																																																																																												
ET DÖNER+GARN.	90 gr.+Garn.	301																																																																																												
YEŞİL MERCİMEK*	200 gr.	278																																																																																												
NOHUTLU PİRİNÇ PILAVI	160 gr.	284																																																																																												
AYRAN	200 ml	56																																																																																												
29.07.2025 Salı	Miktar	Kalori																																																																																												
SOĞAN ÇORBASI	200 gr.	218																																																																																												
PİLİÇ EMENSE	120 gr.+Garn.	326																																																																																												
PATATES YEMEĞİ*	200 gr.	264																																																																																												
MAKARNA	150 gr.	254																																																																																												
PUDİNG	150 gr.	252																																																																																												
30.07.2025 Çarşamba	Miktar	Kalori																																																																																												
MERCİMEK ÇORBASI	200 gr.	225																																																																																												
SULU KÖFTE	200 gr.	316																																																																																												
YOĞ. ISPANAK*	200 gr.	297																																																																																												
PİRİNÇ PILAVI	160 gr.	265																																																																																												
MEYVE SUYU	200 ml	115																																																																																												
31.07.2025 Perşembe	Miktar	Kalori																																																																																												
YOĞURT ÇORBASI	200 gr.	148																																																																																												
KIY. KURU FASULYE	200 gr.	308																																																																																												
KURU FASULYE*	200 gr.	298																																																																																												
BULGUR PILAVI	175 gr.	209																																																																																												
CACIK	150 gr.	128																																																																																												

*ETSİZ

İlgili menü, Türk Gıda Mevzuatı hükümlerine uygun olarak tarafımca hazırlanmış, onayınıza sunulmuştur.