

## OCAK- 2021 AYLİK KUMANYA MENÜ LİSTESİ

28.Ara.20	29.Ara.20	30.Ara.20	31.Ara.20	1.Oca.21
<b>KAŞARLI SANDVIÇ</b> <b>AYRAN</b> <b>TATLI</b> <b>(1368 kcal)</b>	<b>KOL BÖREĞİ</b> <b>AYRAN</b> <b>TATLI</b> <b>(1050 kcal)</b>	<b>EKMEK ARASI TAVUK</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1386 kcal)</b>	<b>EKMEK ARASI KÖFTE</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1264 kcal)</b>	<b>RESMİ TATİL</b>
4.Oca.21	5.Oca.21	6.Oca.21	7.Oca.21	8.Oca.21
<b>KAŞARLI SANDVIÇ</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1368 kcal)</b>	<b>EKMEK ARAS NUGGET</b> <b>AYRAN</b> <b>TATLI</b> <b>(1187 kcal)</b>	<b>EKMEK ARASI KAVURMA</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1400 kcal)</b>	<b>EKMEK ARASI TAVUK</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1386 kcal)</b>	<b>EKMEK ARASI KÖFTE</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1264 kcal)</b>
11.Oca.21	12.Oca.21	13.Oca.21	14.Oca.21	15.Oca.21
<b>KAŞARLI SANDVIÇ</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1368 kcal)</b>	<b>EKMEK ARASI TAVUK</b> <b>AYRAN</b> <b>TATLI</b> <b>(1386 kcal)</b>	<b>EKMEK ARASI KÖFTE</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1264 kcal)</b>	<b>EKMEK ARAS NUGGET</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1187 kcal)</b>	<b>EKMEK ARASI KAVURMA</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1400 kcal)</b>
18.Oca.21	19.Oca.21	20.Oca.21	21.Oca.21	22.Oca.21
<b>KAŞARLI SANDVIÇ</b> <b>AYRAN</b> <b>TATLI</b> <b>(1368 kcal)</b>	<b>EKMEK ARASI KÖFTE</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1264 kcal)</b>	<b>EKMEK ARAS NUGGET</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1187 kcal)</b>	<b>EKMEK ARASI KAVURMA</b> <b>AYRAN</b> <b>TATLI</b> <b>(1400 kcal)</b>	<b>EKMEK ARASI TAVUK</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1386 kcal)</b>
25.Oca.21	26.Oca.21	27.Oca.21	28.Oca.21	29.Oca.21
<b>KAŞARLI SANDVIÇ</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1368 kcal)</b>	<b>EKMEK ARASI KAVURMA</b> <b>AYRAN</b> <b>TATLI</b> <b>(1400 kcal)</b>	<b>EKMEK ARAS NUGGET</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1187 kcal)</b>	<b>EKMEK ARASI KÖFTE</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1264 kcal)</b>	<b>EKMEK ARASI TAVUK</b> <b>AYRAN</b> <b>MEYVE</b> <b>(1386 kcal)</b>