

ADAPAZARI PRIVATE ENKA SCHOOLS OCTOBER 2025 MENU

DAYS	BREAKFAST	CAL.	FOOD GROUP	BREAKFAST	CAL.	FOOD GROUP	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
01 October 2025 Wednesday	French Toast	270	☐ ⚡	Cucumber&Tomato	40	●	Pea Stew	147	●	Pea Stew	147	● ⚡
	Tahini&Molasses	42	◆ ★	Black Olives	70	◆	Rice	288	☐	Rice	288	☐
	Feta Cheese	42	◇	Green Olives	70	◆	Mixed Fried Vegetables with Yogurt	532	⚡	Mixed Fried Vegetables with Yogurt	532	⚡ ●
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	⚡	Fruit	50-100	⚡
							Salad	70	●	Salad	70	●
2 October 2025 Thursday	Pancake	180	☐	Cucumber&Tomato	40	●	Crispy Chicken	635	⚡	Potato Stew	145	●
	Honey	82	★	Black Olives	70	◆	Pasta with Tomato Sauce	288	☐ ⚡	Pasta with Tomato Sauce	288	☐ ⚡
	Feta Cheese	42	◇	Green Olives	70	◆	Kalburabasti	304	★	Kalburabasti	304	★
	Kashar Cheese	58	◇	Milk	63	◇	Ayran	70	◇	Ayran	70	◇
							Salad	70	●	Salad	70	●
3 October 2025 Friday	French Toast	270	☐ ⚡	Cucumber&Tomato	40	●	Meat Stew	425	⚡	Cauliflower Stew	374	●
	Cherry Jam	38	⚡ ★	Black Olives	70	◆	Vermicelli Rice	298	☐	Vermicelli Rice	298	☐
	Feta Cheese	42	◇	Green Olives	70	◆	Carrot Yogurt Salad	93	◆ ⚡	Carrot Yogurt Salad	93	◆ ⚡
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	⚡	Fruit	50-100	⚡
							Salad	70	●	Salad	70	●
6 October 2025 Monday	Boiled Egg	155	⚡	Cucumber&Tomato	40	●	Green Lentil Stew	224	◆	Green Lentil Stew	224	◆
	Strawberry Jam	38	⚡ ★	Black Olives	70	◆	Homemade Noodles	278	☐	Homemade Noodles	278	☐
	Feta Cheese	42	◇	Green Olives	70	◆	Turkish Spinach Borani	54	◆ ⚡	Turkish Spinach Borani	54	◆ ⚡
	Kashar Cheese	58	◇	Milk	63	◇	Cheese Dessert	195	◆ ★	Cheese Dessert	195	★
							Salad	70	●	Salad	70	●
7 October 2025 Tuesday	French Fries	180	●	Cucumber&Tomato	40	●	Hasanpaşa Meatballs	547	⚡	Zucchini Fritters	327	●
	Tahini&Molasses	42	◆ ★	Black Olives	70	◆	Pasta	328	☐	Pasta	328	☐
	Feta Cheese	42	◇	Green Olives	70	◆	Yogurt	81	◇	Yogurt	81	◇
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	⚡	Fruit	50-100	⚡
							Salad	70	●	Salad	70	●
8 October 2025 Wednesday	Omelette	170	⚡	Cucumber&Tomato	40	●	Turkish Wedding Soup	173	⚡	Tarhana Soup	113	☐
	Cherry Jam	38	⚡ ★	Black Olives	70	◆	Eggplant Moussaka	602	⚡	Eggplant Stew	136	☐
	Feta Cheese	42	◇	Green Olives	70	◆	Rice	288	☐	Rice	288	☐
	Kashar Cheese	58	◇	Milk	63	◇	Cacik	45	◆ ⚡	Cacik	45	◆ ⚡
							Salad	70	●	Salad	70	●
9 October 2025 Thursday	Turkish Bagel	155	☐	Cucumber&Tomato	40	●	Chicken Skewers	260	⚡	Vegetable Stew	248	●
	Honey	82	★	Black Olives	70	◆	Bulgur Pilaf	260	☐	Bulgur Pilaf	260	☐
	Feta Cheese	42	◇	Green Olives	70	◆	Ayran	70	◇	Ayran	70	◇
	Kashar Cheese	58	◇	Milk	63	◇	Chocolate Biscuit Cake	288	☐ ★	Chocolate Biscuit Cake	288	☐ ★
							Salad	70	●	Salad	70	●
10 October 2025 Friday	Fried Dough	270	☐	Cucumber&Tomato	40	●	Mushroom Sauce Steak	697	⚡	Sautéed Mushrooms	184	●
	Tahini&Molasses	42	◆ ★	Black Olives	70	◆	Mashed Potatoes	198	◆ ⚡	Mashed Potatoes	198	◆ ⚡
	Feta Cheese	42	◇	Green Olives	70	◆	Rice	288	☐	Rice	288	☐
	Kashar Cheese	58	◇	Milk	63	◇	Yogurt	81	◇	Yogurt	81	◇
							Salad	70	●	Salad	70	●
13 October 2025 Monday	Boiled Egg	155	⚡	Cucumber&Tomato	40	●	Chickpea Stew	180	◆	Chickpea Stew	180	◆
	Strawberry Jam	38	⚡ ★	Black Olives	70	◆	Rice	288	☐	Rice	288	☐
	Feta Cheese	42	◇	Green Olives	70	◆	Cauliflower with Yogurt	375	◆ ⚡	Cauliflower with Yogurt	575	◆ ⚡
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	⚡	Fruit	50-100	⚡
							Salad	70	●	Salad	70	●
14 October 2025 Tuesday	French Fries	180	●	Cucumber&Tomato	40	●	Lentil Soup	147	◆	Lentil Soup	147	◆
	Tahini&Molasses	42	◆ ★	Black Olives	70	◆	Crispy Chicken Drumsticks	635	⚡	Pea Stew	147	● ⚡
	Feta Cheese	42	◇	Green Olives	70	◆	Baked Pasta	322	☐	Turkish Baked Macaron	322	☐
	Kashar Cheese	58	◇	Milk	63	◇	Chocolate Pudding	258	★ ⚡	Chocolate Pudding	258	★ ⚡
							Salad	70	●	Salad	70	●
15 October 2025 Wednesday	Omelette	170	⚡	Cucumber&Tomato	40	●	Broccoli Soup	169	☐	Broccoli Soup	169	☐
	Cherry Jam	38	⚡ ★	Black Olives	70	◆	Beef Wrap	429	⚡	Vegetable Wrap	371	☐ ⚡
	Feta Cheese	42	◇	Green Olives	70	◆	Ayran	70	◇	Ayran	70	◇
	Kashar Cheese	58	◇	Milk	63	◇	Turkish Kadayif	357	★	Turkish Kadayif	357	★
							Salad	70	●	Salad	70	●

DAYS	BREAKFAST	CAL.	FOOD GROUP	BREAKFAST	CAL.	FOOD GROUP	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
16 October 2025 Thursday	Crepes	155	☐	Cucumber&Tomato	40	●	Tarhana Soup	113	☐	Tarhana Soup	113	☐
	Honey	82	★	Black Olives	70	◆	Spinach with Yogurt	371	◆ ⚡	Spinach with Yogurt	371	◆ ⚡
	Feta Cheese	42	◇	Green Olives	70	◆	Potato Pastry	188	☐ ⚡	Potato Pastry	188	☐ ⚡
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	⚡	Fruit	50-100	⚡
							Salad	70	●	Salad	70	●
17 October 2025 Friday	Potato Gözleme	180	☐ ⚡	Cucumber&Tomato	40	●	Sour Meatball Soup	328	⚡	Vegetable Sauté	155	●
	Tahini&Molasses	42	◆ ★	Black Olives	70	◆	Homemade Noodles	278	☐	Homemade Noodles	278	☐
	Feta Cheese	42	◇	Green Olives	70	◆	Shakshuka	532	●	Shakshuka	532	●
	Kashar Cheese	58	◇	Milk	63	◇	Fruit Parfait	218	⚡ ★	Fruit Parfait	218	⚡ ★
							Salad	70	●	Salad	70	●
20 October 2025 Monday	Boiled Egg	155	⚡	Cucumber&Tomato	40	●	Dried Beans	266	◆	White Bean Stew	266	◆
	Strawberry Jam	38	⚡ ★	Black Olives	70	◆	Rice	288	☐	Rice	288	☐
	Feta Cheese	42	◇	Green Olives	70	◆	Yogurt	81	◇	Yogurt	81	◇
	Kashar Cheese	58	◇	Milk	63	◇	Pickles	218	●	Pickles	218	●
							Salad	70	●	Salad	70	●
21 October 2025 Tuesday	Turkish Bagel	155	☐	Cucumber&Tomato	40	●	Tomato Soup	132	☐ ⚡	Tomato Soup	132	☐ ⚡
	Tahini&Molasses	42	◆ ★	Black Olives	70	◆	Baked Beef with Yogurt Sauce	542	⚡	Cauliflower Stew	374	●
	Feta Cheese	42	◇	Green Olives	70	◆	Orzo Pilaf	274	☐	Orzo Pilaf	274	☐
	Kashar Cheese	58	◇	Milk	63	◇	Cake	328	☐ ★	Cake	328	☐ ★
							Salad	70	●	Salad	70	●
22 October 2025 Wednesday	Potato Omelette	180	⚡	Cucumber&Tomato	40	●	Rumelian Style Soup	197	⚡	Tarhana Soup	113	☐
	Cherry Jam	38	⚡ ★	Black Olives	70	◆	Potato Moussaka	307	⚡	Potato Stew	145	●
	Feta Cheese	42	◇	Green Olives	70	◆	Rice	288	☐	Rice	288	☐
	Kashar Cheese	58	◇	Milk	63	◇	Artichokes in Olive Oil	233	● ◆	Artichokes in Olive Oil	233	● ◆
							Salad	70	●	Salad	70	●
23 October 2025 Thursday	Croissant	180	☐	Cucumber&Tomato	40	●	Grilled Chicken	557	⚡	Leek Stew	225	☐
	Honey	82	★	Black Olives	70	◆	Bulgur Pilaf	260	☐	Bulgur Pilaf	260	☐
	Feta Cheese	42	◇	Green Olives	70	◆	Ayran	70	◇	Fruit	50-100	⚡
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	⚡	Ayran	70	◇
							Salad	70	●	Salad	70	●
24 October 2025 Friday	French Toast	270	☐ ⚡	Cucumber&Tomato	40	●	Balkan Meatballs	652	⚡	Green Beans	147	● ⚡
	Strawberry Jam	38	⚡ ★	Black Olives	70	◆	Fried Peppers with Yogurt	160	☐	Fried Peppers with Yogurt	160	☐
	Feta Cheese	42	◇	Green Olives	70	◆	Spinach Pastry	188	☐ ⚡	Spinach Pastry	188	☐ ⚡
	Kashar Cheese	58	◇	Milk	63	◇	Balkan Dessert	162	◆ ★	Balkan Dessert	162	◆ ★
							Salad	70	●	Salad	70	●
27 October 2025 Monday	Boiled Egg	155	⚡	Cucumber&Tomato	40	●	Green Lentil Stew	224	◆	Green Lentil Stew	224	◆
	Cherry Jam	38	⚡ ★	Black Olives	70	◆	Homemade Noodles	278	☐	Homemade Noodles	278	☐
	Feta Cheese	42	◇	Green Olives	70	◆	Vegetable Tarator	93	◆ ⚡	Vegetable Tarator	93	◆ ⚡
	Kashar Cheese	58	◇	Milk	63	◇	Kemalpaşa Dessert	146	◆ ★	Kemalpaşa Dessert	146	◆ ★
							Salad	70	●	Salad	70	●
28 October 2025 Tuesday	Pancake	180	☐	Cucumber&Tomato	40	●						
	Honey	82	★	Black Olives	70	◆						
	Feta Cheese	42	◇	Green Olives	70	◆						
	Kashar Cheese	58	◇	Milk	63	◇						
30 October 2025 Thursday	French Fries	180	●	Cucumber&Tomato	40	●	Red Lentil & Bulgur Soup	101	◆	Red Lentil & Bulgur Soup	101	◆
	Tahini&Molasses	42	◆ ★	Black Olives	70	◆	Vegetable Gratin	448	⚡	Vegetable Gratin	448	⚡
	Feta Cheese	42	◇	Green Olives	70	◆	Pasta with Tomato Sauce	288	☐	Pasta with Tomato Sauce	288	☐
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	⚡	Fruit	50-100	⚡
							Salad	70	●	Salad	70	●
31 October 2025 Friday	Fried Dough	270	☐	Cucumber&Tomato	40	●	Lentil Soup	147	◆	Potato Stew	145	●
	Strawberry Jam	38	⚡ ★	Black Olives	70	◆	Meatball Sandwich	780	⚡	Ayran	70	◇
	Feta Cheese	42	◇	Green Olives	70	◆	Ayran	70	◇	Fruit	50-100	⚡
	Kashar Cheese	58	◇	Milk	63	◇	Semolina Pudding	302	◆ ★	Semolina Pudding	302	◆ ★
							Salad	70	●	Salad	70	●

ENKA SCHOOLS Private Education	
MENU COMMITTEE	
HEAD OF COMMITTEE	Useyyid GÖKÇEN
ADMINISTRATIVE OFFICER	Sedat YILDIRIM
PRIMARY SCHOOL REPRESENTATIVE	Nurcan KARAKAVAK
MIDDLE SCHOOL REPRESENTATIVE	Yasemin ÖZGÜR
HIGHSCHOOL REPRESENTATIVE	Gül UZUN
HIGHSCHOOL STUDENT	
HIGHSCHOOL STUDENT	
HIGHSCHOOL STUDENT	
SCHOOL DOCTOR	Tufan DEMİRAY
SCHOOL NURSE	Gançe GÜVEN
SOFRA GROUP PROJECT MANAGER	Ebru ZÜLFİKAR
BRANDS USED	
MEAT PRODUCTS: NAMET	
CHICKEN-TURKEY: BANVIT, ŞENPİLİÇ	
VEGETABLE OIL: AYMAR, OLİN	
DAIRY PRODUCTS: SÜTAŞ, PINAR, EKER, İÇİM	
PASTA: FİLİZ, PİYALE	
ALLERGEN NOTICE	
Gluten-containing cereals and their products	
Crustaceans and their products	
Eggs and egg products	
Milk and dairy products	
Fish and fish products	
Mustard and mustard products	
Peanuts and peanut products	
Soybeans and soybean products	
Celery and celery products	
Lupin and lupin products	
Tree nuts and products thereof	
Sulfur dioxide and sulfites	
Molluscs and mollusc products	
Sesame seeds and sesame seed products	