

ADAPAZARI PRIVATE ENKA SCHOOLS NOVEMBER 2025 MENU

DAYS	BREAKFAST	CAL.	FOOD GROUP	BREAKFAST	CAL.	FOOD GROUP	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
03 November 2025 Monday	Boiled Egg	155		Carrot	40		Chickpea Stew	180		Chickpea Stew	180	
	Strawberry Jam	38		Black Olives	70		Rice	288		Rice	288	
	Feta Cheese	42		Green Olives	70		Carrot Yogurt Salad	93		Carrot Yogurt Salad	93	
	Kashar Cheese	58		Milk	63		Kalburabastı	304		Kalburabastı	304	
							Salad	70		Salad	70	
04 November 2025 Tuesday	French Fries	180		Carrot	40		Vegetable Soup	113		Vegetable Soup	113	
	Tahini&Molasses	42		Black Olives	70		Meatloaf with Gravy	408		Leek Stew	225	
	Feta Cheese	42		Green Olives	70		Pasta	328		Pasta	328	
	Kashar Cheese	58		Milk	63		Fruit	50-100		Fruit	50-100	
							Salad	70		Salad	70	
05 November 2025 Wednesday	Omelette	170		Carrot	40		Pea Stew	147		Pea Stew	147	
	Cherry Jam	38		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		Turkish Kadayıf	357		Turkish Kadayıf	357	
							Salad	70		Salad	70	
06 November 2025 Thursday	Turkish Bagel	155		Carrot	40		Tarhana Soup	113		Tarhana Soup	113	
	Honey	82		Black Olives	70		Chicken Skewers	260		Celery Stew	233	
	Feta Cheese	42		Green Olives	70		Bulgur Pilaf	260		Bulgur Pilaf	260	
	Kashar Cheese	58		Milk	63		Ayran	70		Ayran	70	
							Salad	70		Salad	70	
07 November 2025 Friday	Fried Dough	270		Carrot	40		Lentil Soup	147		Lentil Soup	147	
	Tahini&Molasses	42		Black Olives	70		Fish	264		Green Beans	147	
	Feta Cheese	42		Green Olives	70		Potato Wedges	82		Potato Wedges	82	
	Kashar Cheese	58		Milk	63		Semolina Halva	375		Semolina Halva	375	
							Salad	70		Salad	70	
17 November 2025 Monday	Boiled Egg	155		Carrot	40		Dried Beans	266		White Bean Stew	266	
	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	
18 November 2025 Tuesday	French Fries	180		Carrot	40		Red Lentil & Bulgur Soup	101		Red Lentil & Bulgur Soup	101	
	Tahini&Molasses	42		Black Olives	70		Crispy Chicken	635		Vegetable Sauté	155	
	Feta Cheese	42		Green Olives	70		Bulgur Pilaf	260		Bulgur Pilaf	260	
	Kashar Cheese	58		Milk	63		Ayran	70		Ayran	70	
							Salad	70		Salad	70	
19 November 2025 Wednesday	Omelette	170		Carrot	40		Turkish Wedding Soup	173		Vegetable Soup	113	
	Cherry Jam	38		Black Olives	70		Spinach with Yogurt	371		Spinach with Yogurt	371	
	Feta Cheese	42		Green Olives	70		Pasta	328		Pasta	328	
	Kashar Cheese	58		Milk	63		Baked Rice Pudding	305		Baked Rice Pudding	305	
							Salad	70		Salad	70	
20 November 2025 Thursday	Crepe	155		Carrot	40		Tarhana Soup	113		Tarhana Soup	113	
	Honey	82		Black Olives	70		Hasanpaga Meatballs	547		Pea Stew	147	
	Feta Cheese	42		Green Olives	70		Homemade Noodles	278		Homemade Noodles	278	
	Kashar Cheese	58		Milk	63		Fruit	50-100		Fruit	50-100	
							Salad	70		Salad	70	
21 November 2025 Friday	French Toast	270		Carrot	40		Beef Doner Sandwich	988		Green Beans	147	
	Tahini&Molasses	42		Black Olives	70		Potatoes, Peas, Carrots	70		Potatoes, Peas, Carrots	70	
	Feta Cheese	42		Green Olives	70		Biscuit Cake	235		Biscuit Cake	235	
	Kashar Cheese	58		Milk	63		Ayran	70		Ayran	70	
							Salad	70		Salad	70	

DAYS	BREAKFAST	CAL.	FOOD GROUP	BREAKFAST	CAL.	FOOD GROUP	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
24 November 2025 Monday	Boiled Egg	155		Carrot	40		Mini Meatballs with Vegetables	418		Vegetable Sauté	155	
	Strawberry Jam	38		Black Olives	70		Spaghetti with Tomato Sauce	288		Spaghetti with Tomato Sauce	288	
	Feta Cheese	42		Green Olives	70		Cake	328		Cake	328	
	Kashar Cheese	58		Milk	63		Ayran	70		Ayran	70	
							Salad	70		Salad	70	
25 November 2025 Tuesday	French Fries	180		Carrot	40		Green Lentil Stew	224		Green Lentil Stew	224	
	Tahini&Molasses	42		Black Olives	70		Homemade Noodles	278		Homemade Noodles	278	
	Feta Cheese	42		Green Olives	70		Artichokes in Olive Oil	233		Artichokes in Olive Oil	233	
	Kashar Cheese	58		Milk	63		Fruit	50-100		Fruit	50-100	
							Salad	70		Salad	70	
26 November 2025 Wednesday	Potato Omelette	180		Carrot	40		Lentil Soup	147		Lentil Soup	147	
	Cherry Jam	38		Black Olives	70		Fried Sliced Liver	1164		Potato Stew	145	
	Feta Cheese	42		Green Olives	70		Rice	288		Rice	288	
	Kashar Cheese	58		Milk	63		Cacık	45		Cacık	45	
							Salad	70		Salad	70	
27 November 2025 Thursday	Potato Gözleme	180		Carrot	40		Broccoli Soup	169		Broccoli Soup	169	
	Honey	82		Black Olives	70		Sautéed Chicken	240		Vegetable Sauté	155	
	Feta Cheese	42		Green Olives	70		Bulgur Pilaf	260		Bulgur Pilaf	260	
	Kashar Cheese	58		Milk	63		Fruit	50-100		Fruit	50-100	
							Salad	70		Salad	70	
28 November 2025 Friday	Croissant	180		Carrot	40		Potato Moussaka	307		Potato Stew	145	
	Strawberry Jam	38		Black Olives	70		Pasta	328		Pasta	328	
	Feta Cheese	42		Green Olives	70		Mixed Fried Vegetables with Yogurt	532		Mixed Fried Vegetables with Yogurt	532	
	Kashar Cheese	58		Milk	63		Salad	70		Chocolate Cream	258	
							#YOK	#YOK	#YOK	Salad	70	

ENKA SCHOOLS	
MENU COMMITTEE	
HEAD OF COMMITTEE	Useyyit GÖKÇEN
ADMINISTRATIVE OFFICER	Sedat YILDIRIM
PRIMARY SCHOOL REPRESENTATIVE	Nurcan KARAKAVAK
MIDDLE SCHOOL REPRESENTATIVE	Yasemin ÖZGÜR
HIGHSCHOOL REPRESENTATIVE	Gül UZUN
HIGHSCHOOL STUDENT	Aslı MUTLU
HIGHSCHOOL STUDENT	Rüzgar Ege SERT
HIGHSCHOOL STUDENT	
SCHOOL DOCTOR	Tufan DEMİRAY
SCHOOL NURSE	Gamze GÜVEN
SOFRA GROUP PROJECT MANAGER	Ebru ZÜLFİKAR
BRANDS USED	
MEAT PRODUCTS: NAMET	
CHICKEN-TURKEY: BANVİT, 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	

