

ADAPAZARI PRIVATE ENKA SCHOOLS MARCH 2026 MENU



DAYS	BREAKFAST	CAL.	FOOD GROUP	BREAKFAST	CAL.	FOOD GROUP	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
02 March 2026 Monday	Boiled Egg	155	▲	Carrot	40	●	Green Lentil Stew	224	◆	Green Lentil Stew	224	◆
	Strawberry Jam	38	☆	Black Olives	70	◆	Turkish Noodles with Walnuts	285	□	Turkish Noodles with Walnuts	285	□
	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	●
03 March 2026 Tuesday	French Fries	180	●	Carrot	40	●	Izmir Style Meatballs	773	▲	Potato Stew	145	●
	Tahini&Molasses	42	◆	Black Olives	70	◆	Pasta	328	□	Pasta	328	□
	Feta Cheese	42	◇	Green Olives	70	◆	Artichokes in Olive Oil	233	●	Artichokes in Olive Oil	233	●
	Kashar Cheese	58	◇	Milk	63	◇	Yogurt	81	◇	Yogurt	81	◇
							Salad	70	●	Salad	70	●
04 March 2026 Wednesday	Omelette	170	▲	Carrot	40	●	Tarhana Soup	113	□	Tarhana Soup	113	□
	Cherry Jam	38	☆	Black Olives	70	◆	Stuffed White Cabbage Rolls	290	▲	Stuffed White Cabbage Rolls	290	▲
	Feta Cheese	42	◇	Green Olives	70	◆	Cheese Borek	254	□	Cheese Borek	254	□
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	✚	Fruit	50-100	✚
							Salad	70	●	Salad	70	●
05 March 2026 Thursday	Potato Gözleme	180	□	Carrot	40	●	Chicken and Rice	225	▲	Rice	288	□
	Strawberry Jam	38	☆	Black Olives	70	◆	Red Lentil Patties	150	◆	Red Lentil Patties	150	◆
	Feta Cheese	42	◇	Green Olives	70	◆	Ayran	70	◇	Ayran	70	◇
	Kashar Cheese	58	◇	Milk	63	◇	Turkish Fried Dough Balls	420	□	Turkish Fried Dough Balls	420	□
							Salad	70	●	Salad	70	●
06 March 2026 Friday	Croissant	180	□	Carrot	40	●	Lentil Soup	147	◆	Lentil Soup	147	◆
	Tahini&Molasses	42	◆	Black Olives	70	◆	Fish	264	▲	Leek Stew	225	●
	Feta Cheese	42	◇	Green Olives	70	◆	Potato Wedges	82	●	Potato Wedges	82	●
	Kashar Cheese	58	◇	Milk	63	◇	Semolina Halva	375	□	Semolina Halva	375	□
							Green Salad with Arugula	30	●	Green Salad with Arugula	30	●
09 March 2026 Monday	Boiled Egg	155	▲	Carrot	40	●	Chickpeas with Beef	290	▲	Chickpea Stew	180	◆
	Tahini&Molasses	42	◆	Black Olives	70	◆	Rice	288	□	Rice	288	□
	Feta Cheese	42	◇	Green Olives	70	◆	Pickles	218	●	Pickles	218	●
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	✚	Fruit	50-100	✚
							Salad	70	●	Salad	70	●
10 March 2026 Tuesday	French Fries	180	●	Carrot	40	●	Broccoli Soup	169	□	Broccoli Soup	169	□
	Cherry Jam	38	☆	Black Olives	70	◆	Crispy Turkey	320	▲	Green Beans	147	●
	Feta Cheese	42	◇	Green Olives	70	◆	Vermicelli Bulgur Pilaf	260	□	Vermicelli Bulgur Pilaf	260	□
	Kashar Cheese	58	◇	Milk	63	◇	Ayran	70	◇	Ayran	70	◇
							Salad	70	●	Salad	70	●
11 March 2026 Wednesday	Potato Omelette	180	▲	Carrot	40	●	Red Lentil & Bulgur Soup	101	◆	Red Lentil & Bulgur Soup	101	◆
	Strawberry Jam	38	☆	Black Olives	70	◆	Lasagna	438	▲	Vegetable Lasagna	375	●
	Feta Cheese	42	◇	Green Olives	70	◆	Zucchini Fritters	0	●	Zucchini Fritters	127	●
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	✚	Fruit	50-100	✚
							Lettuce Salad with Sweet Corn	45	●	Lettuce Salad with Sweet Corn	45	●
12 March 2026 Thursday	Turkish Bagel	155	□	Carrot	40	●	Pea Stew	147	●	Pea Stew	147	●
	Honey	82	★	Black Olives	70	◆	Rice	288	□	Rice	288	□
	Feta Cheese	42	◇	Green Olives	70	◆	Biscuit Cake	235	□	Biscuit Cake	235	□
	Kashar Cheese	58	◇	Milk	63	◇	Yogurt	81	◇	Yogurt	81	◇
							Salad	70	●	Salad	70	●
13 March 2026 Friday	Fried Dough	270	□	Carrot	40	●	Vegetable Soup	113	□	Vegetable Soup	113	□
	Tahini&Molasses	42	◆	Black Olives	70	◆	Meat Stew	425	▲	Vegetable Sauté	155	●
	Feta Cheese	42	◇	Green Olives	70	◆	Vermicelli Rice	298	□	Vermicelli Rice	298	□
	Kashar Cheese	58	◇	Milk	63	◇	Alaçati Pudding	258	★	#YOK	#YOK	#YOK
							Salad	70	●	Salad	70	●

DAYS	BREAKFAST	CAL.	FOOD GROUP	BREAKFAST	CAL.	FOOD GROUP	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
23 March 2026 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	375	◇
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	✚	Fruit	50-100	✚
							Salad	70	●	Salad	70	●
24 March 2026 Tuesday	French Fries	180	●	Carrot	40	●	Mushroom Soup	150	□	Mushroom Soup	150	□
	Tahini&Molasses	42	◆	Black Olives	70	◆	Crispy Chicken Drumsticks	635	▲	Zucchini Fritters	127	●
	Feta Cheese	42	◇	Green Olives	70	◆	Cajun Spiced Potatoes	140	●	Cajun Spiced Potatoes	140	●
	Kashar Cheese	58	◇	Milk	63	◇	Ayran	70	◇	Ayran	70	◇
							Salad	70	●	Salad	70	●
25 March 2026 Wednesday	Omelette	170	▲	Carrot	40	●	Turkish Wedding Soup	173	▲	Tarhana Soup	113	□
	Cherry Jam	38	☆	Black Olives	70	◆	Spinach with Ground Meat	295	▲	Spinach with Yogurt	371	◆
	Feta Cheese	42	◇	Green Olives	70	◆	Turkish Layered Pastry	264	□	Turkish Layered Pastry	264	□
	Kashar Cheese	58	◇	Milk	63	◇	Chocolate Soufflé	375	★	Chocolate Soufflé	375	★
							Salad	70	●	Salad	70	●
26 March 2026 Thursday	Crepes	155	□	Carrot	40	●	Rice-Stuffed Meat Patties	496	▲	Eggplant Stew	136	●
	Honey	82	★	Black Olives	70	◆	Yogurt Pasta with Mini Dumplings	336	□	Yogurt Pasta with Mini Dumplings	336	□
	Feta Cheese	42	◇	Green Olives	70	◆	Steamed Mixed Vegetables	91	●	Steamed Mixed Vegetables	91	●
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	✚	Fruit	50-100	✚
							Salad	70	●	Salad	70	●
27 March 2026 Friday	Potato Gözleme	180	□	Carrot	40	●	Beef Döner	988	▲	Pea Stew	147	●
	Strawberry Jam	38	☆	Black Olives	70	◆	Rice	288	□	Rice	288	□
	Feta Cheese	42	◇	Green Olives	70	◆	Ayran	70	◇	Ayran	70	◇
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	✚	Fruit	50-100	✚
							Salad	70	●	Salad	70	●
30 March 2026 Monday	Boiled Egg	155	▲	Carrot	40	●	Ground Beef with Green Lentils	267	0	Green Lentil Stew	224	◆
	Tahini&Molasses	42	◆	Black Olives	70	◆	Orzo Pilaf	274	□	Orzo Pilaf	274	□
	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	●
31 March 2026 Tuesday	French Fries	180	●	Carrot	40	●	Meatball Sandwich	780	▲	Vegetable Wrap	371	□
	Cherry Jam	38	☆	Black Olives	70	◆	Potatoes, Peas, Carrots	70	●	Potatoes, Peas, Carrots	70	●
	Feta Cheese	42	◇	Green Olives	70	◆	Ayran	70	◇	Ayran	70	◇
	Kashar Cheese	58	◇	Milk	63	◇	Chocolate Pudding	258	★	Chocolate Pudding	258	★
							Salad	70	●	Salad	70	●

MENU COMMITTEE	
HEAD OF COMMITTEE	Useyyid GÖKÇEN
ADMINISTRATIVE OFFICER	Sedat YILDIRIM
PRIMARY SCHOOL REPRESENTATIVE	Nurdan KARAKAVAK
MIDDLE SCHOOL REPRESENTATIVE	Yasemin ÖZGÜR
HIGHSCHOOL REPRESENTATIVE	Gül UZUN
HIGHSCHOOL STUDENT	
HIGHSCHOOL STUDENT	
SCHOOL DOCTOR	Tufan DEMIRAY
SCHOOL NURSE	Ganmze GÜVEN
SOFRU GROUP PROJECT MANAGER	Ebru ZÜLFİKAR
BRANDS USED	
MEAT PRODUCTS: NAMET	
CHICKEN-TURKEY: BANVIT, ŞENPLİÇ	
VEGETABLE OIL: AYMAR, OLİN	
DAIRY PRODUCTS: SÜTAŞ, PINAR, EKER, İÇİM	
PASTA: FLİZ, 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	

