

ADAPAZARI PRIVATE ENKA SCHOOLS APRIL 2026 MENU



DAYS	BREAKFAST	CAL.	FOOD GROUP	BREAKFAST	CAL.	FOOD GROUP	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
01 April Wednesday	Omelette	170	▲	Carrot	40	●	Ezo Gelin Soup	101	◆	Ezo Gelin Soup	101	◆
	Strawberry 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	◇	Cacik	45	◇	Cacik	45	◇
							Salad	70	●	Salad	70	●
02 April Thursday	Turkish Bagel	155	□	Carrot	40	●	Lentil Soup	147	◆	Lentil Soup	147	◆
	Honey	82	★	Black Olives	70	◆	Spinach with Yogurt	371	◆	Spinach with Yogurt	371	◆
	Feta Cheese	42	◇	Green Olives	70	◆	Baked Pasta	322	□	Turkish Baked Pasta	322	□
	Kashar Cheese	58	◇	Milk	63	◇	Biscuit Cake	235	□	Biscuit Cake	235	□
							Salad	70	●	Salad	70	●
03 April Friday	Croissant	180	□	Carrot	40	●	Grilled Chicken	557	▲	Green Beans	147	●
	Tahini & Molasses	42	◆	Black Olives	70	◆	Spaghetti with Tomato Sauce	288	□	Spaghetti with Tomato Sauce	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	●
06 April Monday	Boiled Eggs	155	▲	Carrot	40	●	Chickpea Stew	180	◆	Chickpea Stew	180	◆
	Cherry Jam	38	☆	Black Olives	70	◆	Bulgur Pilaf	260	□	Bulgur Pilaf	260	□
	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	●
07 April Tuesday	Crispy Potatoes	180	●	Carrot	40	●	Sandal-Style Turkish Meatballs	425	●	Zucchini Fritters	127	●
	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	◇	Kalburabasti	304	★	Kalburabasti	304	★
							Salad	70	●	Salad	70	●
08 April Wednesday	Potato Omelette	180	▲	Carrot	40	●	Vegetable Soup	113	◆	Vegetable Soup	113	◆
	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	✘
							Salad	70	●	Salad	70	●
09 April Thursday	Crepe	155	□	Carrot	40	●	Pea Stew with Minced Meat	315	◆	Pea Stew	147	◆
	Honey	82	★	Black Olives	70	◆	Rice	288	□	Rice	288	□
	Feta Cheese	42	◇	Green Olives	70	◆	Fried Peppers with Yogurt	160	◆	Fried Peppers with Yogurt	160	◆
	Kashar Cheese	58	◇	Milk	63	◇	Orange Semolina Cake	298	□	Orange Semolina Cake	298	□
							Salad	70	●	Salad	70	●
10 April Friday	Fried Dough	270	□	Carrot	40	●	Chicken Doner	521	▲	Sautéed Vegetables	155	●
	Tahini & Molasses	42	◆	Black Olives	70	◆	Potatoes, Peas, Carrots	70	●	Mixed Vegetables	70	●
	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	●
13 April Monday	Boiled Eggs	155	▲	Carrot	40	●	Dried Beans	266	◆	White Bean Stew	266	◆
	Cherry 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	◇	Cheese Dessert	195	◆	Cheese Dessert	195	◆
							Salad	70	●	Salad	70	●
14 April Tuesday	Crispy Potatoes	180	●	Carrot	40	●	Baked Beef with Yogurt Sauce	542	▲	Green Beans	147	●
	Tahini & Molasses	42	◆	Black Olives	70	◆	Orzo Pilaf	274	□	Orzo Pilaf	274	□
	Feta Cheese	42	◇	Green Olives	70	◆	Cacik	45	◇	Cacik	45	◇
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	✘	Fruit	50-100	✘
							Salad	70	●	Salad	70	●
15 April Wednesday	Omelette	170	▲	Carrot	40	●	Stuffed Eggplant	315	●	Imam Bayıldı	136	●
	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	◇	Milk Pudding with Shredded Pastry	162	◆	Milk Pudding with Shredded Pastry	162	◆
							Salad	70	●	Salad	70	●

DAYS	BREAKFAST	CAL.	FOOD GROUP	BREAKFAST	CAL.	FOOD GROUP	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
16 April Thursday	Potato Gözleme	180	□	Carrot	40	●	Tomato Soup	132	□	Tomato Soup	132	□
	Honey	82	★	Black Olives	70	◆	Grilled Chicken Wings	514	▲	Zucchini Fritters	127	●
	Feta Cheese	42	◇	Green Olives	70	◆	Bulgur Pilaf	260	□	Bulgur Pilaf	260	□
	Kashar Cheese	58	◇	Milk	63	◇	Ayran	70	◇	Ayran	70	◇
17 April Friday	Croissant	180	□	Carrot	40	●	Meatball Sandwich	780	▲	Vegetable Wrap	371	□
	Tahini & Molasses	42	◆	Black Olives	70	◆	Potatoes, Peas, Carrots	70	●	Mixed Vegetables	70	●
	Feta Cheese	42	◇	Green Olives	70	◆	Chocolate Soufflé	375	★	Chocolate Soufflé	375	★
	Kashar Cheese	58	◇	Milk	63	◇	Ayran	70	◇	Ayran	70	◇
							Salad	70	●	Salad	70	●
20 April Monday	Boiled Eggs	155	▲	Carrot	40	●	Green Lentil Stew	224	◆	Green Lentil Stew	224	◆
	Cherry Jam	38	☆	Black Olives	70	◆	Turkish Noodles with Walnuts	285	□	Turkish Noodles with Walnuts	285	□
	Feta Cheese	42	◇	Green Olives	70	◆	Mixed Tarator	93	◆	Mixed Tarator	93	◆
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	✘	Fruit	50-100	✘
							Salad	70	●	Salad	70	●
21 April Tuesday	Crispy Potatoes	180	●	Carrot	40	●	Crispy Chicken	635	▲	Pea Stew	147	●
	Honey	82	★	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	●
22 April Wednesday	Potato Omelette	180	▲	Carrot	40	●	Tomato Soup	132	□	Tomato Soup	132	□
	Tahini & Molasses	42	◆	Black Olives	70	◆	Beef Wrap	429	▲	Vegetable Wrap	371	□
	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	●
24 April Friday	Turkish Bagel	155	□	Carrot	40	●	Turkish Wedding Soup	173	▲	Tarhana Soup	113	□
	Strawberry Jam	38	☆	Black Olives	70	◆	Green Beans	147	●	Green Beans	147	●
	Feta Cheese	42	◇	Green Olives	70	◆	Rice	288	□	Rice	288	□
	Kashar Cheese	58	◇	Milk	63	◇	Yogurt	81	◇	Yogurt	81	◇
							Salad	70	●	Salad	70	●
27 April Monday	Boiled Eggs	155	▲	Carrot	40	●	Chickpea Stew	180	◆	Chickpea Stew	180	◆
	Tahini & Molasses	42	◆	Black Olives	70	◆	Rice	288	□	Rice	288	□
	Feta Cheese	42	◇	Green Olives	70	◆	Mixed Fried Vegetables with Tomato Sauce	532	●	Mixed Fried Vegetables with Tomato Sauce	532	●
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	✘	Fruit	50-100	✘
							Salad	70	●	Salad	70	●
28 April Tuesday	Crispy Potatoes	180	●	Carrot	40	●	Izmir Style Meatballs	773	▲	Potato Stew	145	●
	Cherry Jam	38	☆	Black Olives	70	◆	Spaghetti	328	□	Spaghetti	328	□
	Feta Cheese	42	◇	Green Olives	70	◆	Yogurt	81	◇	Yogurt	81	◇
	Kashar Cheese	58	◇	Milk	63	◇	Chocolate Pudding	258	★	Chocolate Pudding	258	★
							Salad	70	●	Salad	70	●
29 April Wednesday	Omelette	170	▲	Carrot	40	●	Tomato Soup	132	□	Tomato Soup	132	□
	Honey	82	★	Black Olives	70	◆	Stuffed Peppers with Yogurt	455	◆	Stuffed Peppers with Yogurt	455	◆
	Feta Cheese	42	◇	Green Olives	70	◆	Potato Pastry	188	□	Potato Pastry	188	□
	Kashar Cheese	58	◇	Milk	63	◇	Semolina Pudding	302	◆	Semolina Pudding	302	◆
							Salad	70	●	Salad	70	●
30 April Thursday	Potato Gözleme	180	□	Carrot	40	●	Mushroom Sauce Steak	697	▲	Sautéed Mushrooms	184	●
	Cherry Jam	38	☆	Black Olives	70	◆	Rice	288	□	Rice	288	□
	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	●

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	Ganize GÜVEN
SOFRA GROUP PROJECT MANAGER	Ebru ZÜLFİKAR

BRANDS USED

MEAT PRODUCTS: NAMED
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

