

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 | ◇ | Ice Cream | 60 | ◆ | Ice Cream | 60 | ◆ |
| | | | | | | | 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 | ◇ | Ice Cream | 60 | ◆ | Ice Cream | 60 | ◆ |
| | | | | | | | 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 | |

