

ADAPAZARI PRIVATE ENKA SCHOOLS MAY 2026 MENU



DAYS	BREAKFAST	CAL.	FOOD GROUP	BREAKFAST	CAL.	FOOD GROUP	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
04 May 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	◆	Carrot Yogurt Salad	93	◆●	Carrot Yogurt Salad	93	◆●
	Kashar Cheese	58	◇	Milk	63	◇	Kalburabasti	304	★	Kalburabasti	304	★
						Salad	70	●	Salad	70	●	
05 May Tuesday	Crispy Potatoes	180	●	Carrot	40	●	Vegetable Soup	113	□●	Vegetable Soup	113	□●
	Tahini & Molasses	42	◆★	Black Olives	70	◆	Chicken with sauce	420	▲	Potato Stew	145	●
	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	●	
06 May Wednesday	Potato Omelette	180	▲●	Carrot	40	●	Lentil Soup	147	◆	Lentil Soup	147	◆
	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	◇	Chocolate Soufflé	375	★◆	Chocolate Soufflé	375	★◆
						Salad	70	●	Salad	70	●	
07 May 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	◆	Yogurt	81	◇	Yogurt	81	◇
	Kashar Cheese	58	◇	Milk	63	◇	Biscuit Cake	235	□★	Biscuit Cake	235	□★
						Salad	70	●	Salad	70	●	
08 May Friday	Fried Dough	270	□	Carrot	40	●	Meatloaf with Gravy	408	▲	Sautéed Vegetables	155	●
	Tahini & Molasses	42	◆★	Black Olives	70	◆	Pasta	328	□	Pasta	328	□
	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	●	
11 May Monday	Boiled Eggs	155	▲	Carrot	40	●	Green Lentil Stew	224	◆	Green Lentil Stew	224	◆
	Honey	82	★	Black Olives	70	◆	Homemade Noodles	278	□	Homemade Noodles	278	□
	Feta Cheese	42	◇	Green Olives	70	◆	Mixed Fried Vegetables with Yogurt	532	◆●	Mixed Fried Vegetables with Yogurt	532	◆●
	Kashar Cheese	58	◇	Milk	63	◇	Orange Semolina Cake	298	□★	Orange Semolina Cake	298	□★
						Salad	70	●	Salad	70	●	
12 May Tuesday	Crispy Potatoes	180	●	Carrot	40	●	Mini meatballs	410	▲	Zucchini Fritters	127	●
	Cherry Jam	38	☆★	Black Olives	70	◆	Pasta	328	□	Pasta	328	□
	Feta Cheese	42	◇	Green Olives	70	◆	Borlotti Beans in Olive Oil	293	◆	Borlotti Beans in Olive Oil	293	◆
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	✘	Fruit	50-100	✘
						Salad	70	●	Salad	70	●	
13 May Wednesday	Omelette	170	▲	Carrot	40	●	Eggplant Moussaka	602	▲●	Eggplant Stew	136	●
	Strawberry Jam	38	☆★	Black Olives	70	◆	Rice	288	□	Rice	288	□
	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	●	

DAYS	BREAKFAST	CAL.	FOOD GROUP	BREAKFAST	CAL.	FOOD GROUP	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
14 May Thursday	Turkish Bagel	155	□	Carrot	40	●	Mushroom Soup	150	□●	Mushroom Soup	150	□●
	Honey	82	★	Black Olives	70	◆	Thyme seasoned chicken cubes	520	▲	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	●	
15 May Friday	Potato Gözleme	180	□●	Carrot	40	●	Beef Döner	988	▲	Pea Stew	147	●◆
	Tahini & Molasses	42	◆★	Black Olives	70	◆	Rice	288	□	Rice	288	□
	Feta Cheese	42	◇	Green Olives	70	◆	Ayran	70	◇	Ayran	70	◇
	Kashar Cheese	58	◇	Milk	63	◇	Ice Cream	60	◆★	Ice Cream	60	◆★
						Salad	70	●	Salad	70	●	
18 May Monday	Boiled Eggs	155	▲	Carrot	40	●	Chickpea Stew	180	◆	Chickpea Stew	180	◆
	Cherry Jam	38	☆★	Black Olives	70	◆	Vermicelli Rice	298	□	Vermicelli Rice	298	□
	Feta Cheese	42	◇	Green Olives	70	◆	Fried Peppers with Yogurt	160	◆●	Fried Peppers with Yogurt	160	◆●
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	✘	Fruit	50-100	✘
						Salad	70	●	Salad	70	●	
20 May Wednesday	Potato Omelette	180	▲●	Carrot	40	●	Chicken en papillote	340	▲	Vegetable Stew	248	●
	Strawberry Jam	38	☆★	Black Olives	70	◆	Bulgur Pilaf	260	□	Bulgur Pilaf	260	□
	Feta Cheese	42	◇	Green Olives	70	◆	Ayran	70	◇	Ayran	70	◇
	Kashar Cheese	58	◇	Milk	63	◇	Ice Cream	60	◆★	Ice Cream	60	◆★
						Salad	70	●	Salad	70	●	
21 May Thursday	Croissant	180	□	Carrot	40	●	Turkish Wedding Soup	173	▲	Tarhana Soup	113	□
	Honey	82	★	Black Olives	70	◆	Stuffed Peppers with Yogurt	455	◆●	Stuffed Peppers with Yogurt	455	◆●
	Feta Cheese	42	◇	Green Olives	70	◆	Potato Spring Rolls	360	□●	Potato Spring Rolls	360	□●
	Kashar Cheese	58	◇	Milk	63	◇	Compote	180	☆★	Compote	180	☆★
						Salad	70	●	Salad	70	●	
22 May Friday	Fried Dough	270	□	Carrot	40	●	Meat Stew	425	▲	Pea Stew	147	●◆
	Strawberry 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	◇	Fruit	50-100	✘	Fruit	50-100	✘
						Salad	70	●	Salad	70	●	
25 May Monday	Boiled Eggs	155	▲	Carrot	40	●	Dried Beans	266	◆	White Bean Stew	266	◆
	Tahini & Molasses	42	◆★	Black Olives	70	◆	Rice	288	□	Rice	288	□
	Feta Cheese	42	◇	Green Olives	70	◆	Mixed Tarator	93	◆●	Mixed Tarator	93	◆●
	Kashar Cheese	58	◇	Milk	63	◇	Semolina Halva	375	□★	Semolina Halva	375	□★
						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	
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: SUTAŞ, 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	

