

# ADAPAZARI PRIVATE ENKA SCHOOLS JUNE 2026 MENU



DAYS	BREAKFAST	CAL.	FOOD GROUP	BREAKFAST	CAL.	FOOD GROUP	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
01 June 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	◆	Mixed Tarator	93	◇◆	Mixed Tarator	93	◇◆
	Kashar Cheese	58	◇	Milk	63	◇	Semolina Halva	375	□★	Semolina Halva	375	□★
						Salad	70	●	Salad	70	●	
02 June Tuesday	Crispy Potatoes	180	●	Carrot	40	●	Vegetable Soup	113	□●	Vegetable Soup	113	□●
	Tahini & Molasses	42	◆★	Black Olives	70	◆	Crispy Chicken Drumsticks	635	▲	Green Beans	147	●◆
	Feta Cheese	42	◇	Green Olives	70	◆	Pasta	328	□	Pasta	328	□
	Kashar Cheese	58	◇	Milk	63	◇	Ayran	70	◇	Ayran	70	◇
						Salad	70	●	Salad	70	●	
03 June Wednesday	Potato Omelette	180	▲●	Carrot	40	●	Stuffed Eggplant	315	●	Imam Bayıldı	136	●
	Strawberry Jam	38	☆★	Black Olives	70	◆	Rice	288	□	Rice	288	□
	Feta Cheese	42	◇	Green Olives	70	◆	Cack	45	◇◆	Cack	45	◇◆
	Kashar Cheese	58	◇	Milk	63	◇	Fruit	50-100	☆	Fruit	50-100	☆
						Salad	70	●	Salad	70	●	
04 June Thursday	Turkish Bagel	155	□	Carrot	40	●	Izmir Style Meatballs	773	▲	Potato Stew	145	●◆
	Honey	82	★	Black Olives	70	◆	Vermicelli Bulgur Pilaf	260	□	Vermicelli Bulgur Pilaf	260	□
	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	●	
05 June Friday	Crepes	155	□	Carrot	40	●	Mushroom Sauce Steak	697	▲	Sautéed Mushrooms	184	●
	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	●	
08 June Monday	Boiled Eggs	155	▲	Carrot	40	●	Chickpea Stew	180	◆	Chickpea Stew	180	◆
	Honey	82	★	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	◇	Kalburabasti	304	★	Kalburabasti	304	★
						Salad	70	●	Salad	70	●	
09 June Tuesday	Crispy Potatoes	180	●	Carrot	40	●	Sour Meatball Soup	328	▲	Zucchini Fritters	127	●◆
	Cherry Jam	38	☆★	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	●	
10 June Wednesday	Omelette	170	▲	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	◇	Fruit	50-100	☆	Fruit	50-100	☆
						Salad	70	●	Salad	70	●	
11 June Thursday	Fried Dough	270	□	Carrot	40	●	Green Beans	147	●◆	Green Beans	147	●◆
	Honey	82	★	Black Olives	70	◆	Bulgur Pilaf	260	□	Bulgur Pilaf	260	□
	Feta Cheese	42	◇	Green Olives	70	◆	Yogurt	81	◇	Yogurt	81	◇
	Kashar Cheese	58	◇	Milk	63	◇	Chocolate Soufflé	375	★◆	Chocolate Soufflé	375	★◆
						Salad	70	●	Salad	70	●	
12 June Friday	Croissant	180	□	Carrot	40	●	Crispy Chicken	635	▲	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	◇	Ice Cream	60	◇★	Ice Cream	60	◇★
						Salad	70	●	Salad	70	●	

DAYS	BREAKFAST	CAL.	FOOD GROUP	BREAKFAST	CAL.	FOOD GROUP	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
15 June Monday	Boiled Eggs	155	▲	Carrot	40	●	Green Lentil Stew	224	◆	Green Lentil Stew	224	◆
	Cherry Jam	38	☆★	Black Olives	70	◆	Homemade Noodles	278	□	Homemade Noodles	278	□
	Feta Cheese	42	◇	Green Olives	70	◆	Fried Peppers with Yogurt	160	◇◆	Fried Peppers with Yogurt	160	◇◆
	Kashar Cheese	58	◇	Milk	63	◇	Lemon Revani	298	□★	Lemon Revani	298	□★
						Salad	70	●	Salad	70	●	
16 June Tuesday	Crispy Potatoes	180	●	Carrot	40	●	Ezo Gelin Soup	101	◆	Ezo Gelin Soup	101	◆
	Strawberry Jam	38	☆★	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	◇	Fruit	50-100	☆	Fruit	50-100	☆
						Salad	70	●	Salad	70	●	
17 June Wednesday	Potato Omelette	180	▲●	Carrot	40	●	Phyllo Kebab	429	▲□	Zucchini Fritters	127	●
	Honey	82	★	Black Olives	70	◆	Bulgur Pilaf	260	□	Bulgur Pilaf	260	□
	Feta Cheese	42	◇	Green Olives	70	◆	Chocolate Pudding	258	★◆	Chocolate Pudding	258	★◆
	Kashar Cheese	58	◇	Milk	63	◇	Spicy Turkish Tomato Dip	136	●	Spicy Turkish Tomato Dip	136	●
						Salad	70	●	Salad	70	●	
18 June Thursday	Potato Gözleme	180	□●	Carrot	40	●	Chicken with sauce	420	▲	Pea Stew	147	●◆
	Strawberry Jam	38	☆★	Black Olives	70	◆	Pasta	328	□	Pasta	328	□
	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	●	
19 June Friday	Crepes	155	□	Carrot	40	●	Baked Beef with Yogurt Sauce	542	▲●	Potato Stew	145	●◆
	Tahini & Molasses	42	◆★	Black Olives	70	◆	Rice	288	□	Rice	288	□
	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	●	
22 June 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	◆	Shakshuka	532	●	Shakshuka	532	●
	Kashar Cheese	58	◇	Milk	63	◇	Yogurt	81	◇	Yogurt	81	◇
						Salad	70	●	Salad	70	●	
23 June Tuesday	Crispy Potatoes	180	●	Carrot	40	●	Mini meatballs	410	▲	Green Beans	147	●◆
	Honey	82	★	Black Olives	70	◆	Pasta	328	□	Pasta	328	□
	Feta Cheese	42	◇	Green Olives	70	◆	Mixed Tarator	93	◇◆	Mixed Tarator	93	◇◆
	Kashar Cheese	58	◇	Milk	63	◇	Cake	328	□★	Cake	328	□★
						Salad	70	●	Salad	70	●	
24 June Wednesday	Omelette	170	▲	Carrot	40	●	Schnitzel	575	▲□	Eggplant Stew	136	●
	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	◇	Fruit	50-100	☆	Fruit	50-100	☆
						Salad	70	●	Salad	70	●	
25 June Thursday	Fried Dough	270	□	Carrot	40	●	Beef Doner Sandwich	988	▲□	Vegetable Lasagna	375	●
	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	◇	Ice Cream	60	◇★	Ice Cream	60	◇★
						Salad	70	●	Salad	70	●	
26 June Friday	Crepes	155	□	Carrot	40	●						
	Honey	82	★	Black Olives	70	◆						
	Feta Cheese	42	◇	Green Olives	70	◆						
	Kashar Cheese	58	◇	Milk	63	◇						

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 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	
<b>ALLERGEN NOTICE</b>	
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	

