

ADAPAZARI PRIVATE ENKA SCHOOLS SEPTEMBER 2026 MENU

DAYS	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
14 September Monday	Mini Meatballs	410	△●	Pea Stew	147	●/◆
	Spaghetti with Tomato Sauce	288	□	Spaghetti with Tomato Sauce	288	□
	Ayran	70	◇	Ayran	70	◇
	Ice Cream	60	◇★	Ice Cream	60	◇★
	Salad	70	●	Salad	70	●
15 September Tuesday	Dried Beans	266	◆	Dried Beans	266	◆
	Rice	288	□	Rice	288	□
	Mixed Fried Vegetables with Yogurt	532	◇●	Mixed Fried Vegetables with Yogurt	532	◇●
	Fruit	50-100	☆	Fruit	50-100	☆
	Salad	70	●	Salad	70	●
16 September Wednesday	Lentil Soup	147	◆	Lentil Soup	147	◆
	Stuffed Peppers with Yogurt	455	●◇	Stuffed Peppers with Yogurt	455	●◇
	Potato Spring Rolls	360	□●	Potato Spring Rolls	360	□●
	Compote	180	☆★	Compote	180	☆★
	Salad	70	●	Salad	70	●
17 September Thursday	Crispy Chicken	635	△	Zucchini Fritters	127	●
	Pasta	328	□	Pasta	328	□
	Ayran	70	◇	Ayran	70	◇
	Biscuit Cake	235	□★	Biscuit Cake	235	□★
	Salad	70	●	Salad	70	●
18 September Friday	Meat Stew	425	△	Potato Stew	145	●
	Rice	288	□	Rice	288	□
	Yogurt	81	◇	Yogurt	81	◇
	Fruit	50-100	☆	Fruit	50-100	☆
	Salad	70	●	Salad	70	●
21 September Monday	Chickpea Stew	180	◆	Chickpea Stew	180	◆
	Rice	288	□	Rice	288	□
	Carrot Yogurt Salad	93	◆●	Carrot Yogurt Salad	93	◆●
	Kalburabastı	304	★	Kalburabastı	304	★
	Salad	70	●	Salad	70	●
22 September Tuesday	Grilled Chicken Wings	514	△	Green Beans	147	●/◆
	Turkish Couscous	280	□	Turkish Couscous	280	□
	Fried Peppers with Yogurt	160	◇●	Fried Peppers with Yogurt	160	◇●
	Fruit	50-100	☆	Fruit	50-100	☆
	Salad	70	●	Salad	70	●

DAYS	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
23 September Wednesday	Stuffed Eggplant	315	●	Imam Bayıldı	136	●
	Rice	288	□	Rice	288	□
	Cack	45	◇●	Cack	45	◇●
	Chocolate Soufflé	375	★◇	Chocolate Soufflé	375	★◇
	Salad	70	●	Salad	70	●
24 September Thursday	Meatball Sandwich	780	△□	Zucchini Fritters	127	●
	Mixed Vegetables	70	●	Mixed Vegetables	70	●
	Ayran	70	◇	Ayran	70	◇
	Ice Cream	60	◇★	Ice Cream	60	◇★
	Salad	70	●	Salad	70	●
25 September Friday	Mushroom Sauce Steak	697	△●	Pea Stew	147	●/◆
	Rice	288	□	Rice	288	□
	Ayran	70	◇	Ayran	70	◇
	Fruit	50-100	☆	Fruit	50-100	☆
	Salad	70	●	Salad	70	●
28 September Monday	Green Lentil Stew	224	◆	Green Lentil Stew	224	◆
	Homemade Noodles	278	□	Homemade Noodles	278	□
	Purslane Salad with Yogurt	152	◇●	Purslane Salad with Yogurt	152	◇●
	Ice Cream	60	◇★	Ice Cream	60	◇★
	Salad	70	●	Salad	70	●
29 September Tuesday	Hasanpaşa Meatballs	547	△●	Vegetable Sauté	155	●
	Rice	288	□	Rice	288	□
	Yogurt	81	◇	Yogurt	81	◇
	Fruit	50-100	☆	Fruit	50-100	☆
	Salad	70	●	Salad	70	●
30 September Wednesday	Chicken with Spinach & Béchamel Sauce	485	△●	Spinach with Yogurt	371	◇●
	Pasta	328	□	Pasta	328	□
	Semolina Halva	375	□★	Semolina Halva	375	□★
	Ayran	70	◇	Ayran	70	◇
	Salad	70	●	Salad	70	●

ENKA SCHOOLS
ENKA'nın Okullarındaki Akademi Kurumları

MENU COMMITTEE

HEAD OF COMMITTEE	Useyyid GÖKCEN
ADMINISTRATIVE OFFICER	Sedat YILDIRIM
PRIMARY SCHOOL REPRESENTATIVE	Nurdan KARAKAVAK
MIDDLE SCHOOL REPRESENTATIVE	Yasemin ÖZGÜR
HIGHSCHOOL REPRESENTATIVE	Umut GÖKÇE
HIGHSCHOOL STUDENT	
HIGHSCHOOL STUDENT	
SCHOOL DOCTOR	Tufan DEMİRAY
SCHOOL NURSE	Gamze GÜVEN
SOFA 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

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

