

ADAPAZARI PRIVATE ENKA SCHOOLS OCTOBER 2026 MENU

DAYS	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
01 October 2026 Thursday	Pea Stew with Chicken	248		Pea Stew	147	
	Rice	288		Rice	288	
	Yogurt	81		Yogurt	81	
	Chocolate Soufflé	375		Chocolate Soufflé	375	
	Salad	70		Salad	70	
2 October 2026 Friday	Beef Döner	988		Zucchini Fritters	127	
	Rice	288		Rice	288	
	Fruit	50-100		Fruit	50-100	
	Ayran	70		Ayran	70	
	Salad	70		Salad	70	
5 October 2026 Monday	Dried Beans	266		Dried Beans	266	
	Rice	288		Rice	288	
	Cacık	45		Cacık	45	
	Fruit	50-100		Fruit	50-100	
	Salad	70		Salad	70	
6 October 2026 Tuesday	Crispy Chicken	635		Potato Stew	145	
	Spaghetti with Tomato Sauce	288		Spaghetti with Tomato Sauce	288	
	Chocolate Pudding	258		Chocolate Pudding	258	
	Ayran	70		Ayran	70	
	Salad	70		Salad	70	
7 October 2026 Wednesday	Lentil Soup	147		Lentil Soup	147	
	Eggplant Moussaka	602		Eggplant Stew	136	
	Rice	288		Rice	288	
	Yogurt	81		Yogurt	81	
	Salad	70		Salad	70	
8 October 2026 Thursday	Sour Meatball Soup	328		Green Beans	147	
	Homemade Noodles	278		Homemade Noodles	278	
	Steamed Mixed Vegetables	91		Steamed Mixed Vegetables	91	
	Fruit	50-100		Fruit	50-100	
	Salad	70		Salad	70	
9 October 2026 Friday	Tarhana Soup	113		Tarhana Soup	113	
	Baked Beef with Yogurt Sauce	542		Potato Stew	145	
	Rice	288		Rice	288	
	Kalburabastı	304		Kalburabastı	304	
	Salad	70		Salad	70	
12 October 2026 Monday	Chickpea Stew	180		Chickpea Stew	180	
	Rice	288		Rice	288	
	Mixed Fried Vegetables with Yogurt	532		Mixed Fried Vegetables with Yogurt	532	
	Cheese Dessert	195		Cheese Dessert	195	
	Salad	70		Salad	70	
13 October 2026 Tuesday	Izmir Style Meatballs	773		Cauliflower Stew	374	
	Bulgur Pilaf	260		Bulgur Pilaf	260	
	Yogurt	81		Yogurt	81	
	Fruit	50-100		Fruit	50-100	
	Salad	70		Salad	70	
14 October 2026 Wednesday	Vegetable Soup	113		Vegetable Soup	113	
	Beef Wrap	429		Vegetable Wrap	371	
	Ayran	70		Ayran	70	
	Baked Rice Pudding	305		Baked Rice Pudding	305	
	Salad	70		Salad	70	
DAYS	LUNCH	CAL.	FOOD GROUP	VEGETARIAN MENU (Lunch)	CAL.	FOOD GROUP
15 October 2026 Thursday	Turkish Wedding Soup	173		Tarhana Soup	113	
	Spinach with Yogurt	371		Spinach with Yogurt	371	
	Potato Spring Rolls	360		Potato Spring Rolls	360	
	Fruit	50-100		Fruit	50-100	
	Salad	70		Salad	70	
16 October 2026 Friday	Chicken Skewers	260		Vegetable Stew	248	
	Vermicelli Rice	298		Vermicelli Rice	298	
	Ayran	70		Ayran	70	
	Milk Pudding with Shredded Pastry	162		Milk Pudding with Shredded Pastry	162	
	Salad	70		Salad	70	
19 October 2026 Monday	Green Lentil Stew	224		Green Lentil Stew	224	
	Homemade Noodles	278		Homemade Noodles	278	
	Carrot Yogurt Salad	93		Carrot Yogurt Salad	93	
	Fruit	50-100		Fruit	50-100	
	Salad	70		Salad	70	
20 October 2026 Tuesday	Schnitzel	575		Leek Stew	225	
	Spaghetti with Tomato Sauce	288		Spaghetti with Tomato Sauce	288	
	Ayran	70		Ayran	70	
	Biscuit Cake	235		Biscuit Cake	235	
	Salad	70		Salad	70	
21 October 2026 Wednesday	Mushroom Soup	150		Mushroom Soup	150	
	Stuffed Zucchini with Yogurt	455		Stuffed Zucchini with Yogurt	455	
	Baked Pasta	322		Baked Pasta	322	
	Fruit	50-100		Fruit	50-100	
	Salad	70		Salad	70	
22 October 2026 Thursday	Tomato Soup	132		Tomato Soup	132	
	Mini meatballs	410		Celery Stew	233	
	Vermicelli Bulgur Pilaf	260		Vermicelli Bulgur Pilaf	260	
	Fruit	50-100		Fruit	50-100	
	Salad	70		Salad	70	
23 October 2026 Friday	Mushroom Sauce Steak	697		Mushroom Sauté	184	
	Rice	288		Rice	288	
	Ayran	70		Ayran	70	
	Cake	328		Cake	328	
	Salad	70		Salad	70	
26 October 2026 Monday	Dried Beans	266		Dried Beans	266	
	Rice	288		Rice	288	
	Cauliflower with Yogurt	375		Cauliflower with Yogurt	575	
	Fruit	50-100		Fruit	50-100	
	Salad	70		Salad	70	
27 October 2026 Tuesday	Tarhana Soup	113		Tarhana Soup	113	
	Rice-Stuffed Meat Patties	496		Celery Stew	233	
	Manti-Style Pasta with Yogurt	336		Manti-Style Pasta with Yogurt	336	
	Panna Cotta	258		Panna Cotta	258	
	Salad	70		Salad	70	
30 October 2026 Friday	Potato Moussaka	307		Potato Stew	145	
	Rice	288		Rice	288	
	Yogurt	81		Yogurt	81	
	Fruit	50-100		Fruit	50-100	
	Salad	70		Salad	70	

ENKA SCHOOLS
Adapazarı Private Enka Schools

MENU COMMITTEE	
HEAD OF COMMITTEE	Useyyid GÖKCEN
ADMINISTRATIVE OFFICER	Sedat YILDIRIM
PRIMARY SCHOOL REPRESENTATIVE	Seyhan ŞENOCAK
MIDDLE SCHOOL REPRESENTATIVE	Yasemin ÖZGÜR
HIGHSCHOOL REPRESENTATIVE	Umut GÖKÇE
HIGHSCHOOL STUDENT	
HIGHSCHOOL STUDENT	
HIGHSCHOOL STUDENT	
SCHOOL DOCTOR	Tufan DEMİRAY
SCHOOL NURSE	Gamze GÜVEN
SOFFRA GROUP PROJECT MANAGER	Ebru ZÜLFİKAR
BRANDS USED	
MEAT PRODUCTS: NAMET	
CHICKEN-TURKEY: BANNIT, 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	

