

ENKA SCHOOLS JUNE 2025 PRESCHOOL MENU

02/06/2025		03/06/2025		04/06/2025		05/06/2025		06/06/2025	
BREAKFAST	CAL	BREAKFAST	CAL	BREAKFAST	CAL	BREAKFAST	CAL	HOLIDAY	
LIGHT CREAM CHEESE	198	CHEDDAR CHEESE	65	FETA CHEESE	50	CHEDDAR CHEESE	65		
PANCAKE	200	BOILED EGGS	78	CREPE	200	OMELETTE	90		
OLIVES	64	HONEY	64	TAHINI & MOLASSES	64	OLIVES	45		
TOMATO	30	CARROT	30	TOMATO	30	PEPPER	30		
CUCUMBER	15	PEPPER	30	CUCUMBER	30	CARROT	30		
MILK	90	LEMONADE	60	ROSEHIP TEA	20	ORANGE TEA	20		
LUNCH	CAL	LUNCH	CAL	LUNCH	CAL	LUNCH	CAL		
LENTIL SOUP	140	GREEN BEANS W/MINCED MEAT	250	BEEF RIBS W/SAUCE/MASHED POTATOES	355	STUFFED PEPPERS W/MINCED MEAT	262		
MANTI / YOGURT / SAUCE	400	RICE PILAF	160	BULGUR PILAF	160	CHEESE PASTRY	344		
GREEN BEAN	80	FRUIT	60/100	FRUIT	60/100	AYRAN/ICE CREAM	70/100		
FRUIT	60/100	BAKED VEGETABLE PATTIES	145	STEWED VEGETABLES W/TOMATO SAUCE	110	STEWED GREEN LENTIL SALAD	155		
PURSLANE SALAD W/WHEAT	105	CARROT SALAD	30	TOMATO SALAD	30	LETTUCE SALAD W/ROCKET	30		
TOMATO SALAD	30	MEDITERRANEAN SALAD W/TUNA	140	LETTUCE SALAD	30	TOMATO SALAD	30		
MEDITERRANEAN SALAD	30	YOGURT/CACIK	100/70	YOGURT/AYRAN & CHICKPEA COLD SOUP	100/90	YOGURT	100		
YOGURT	100	MID-AFTERNOON	CAL	MID-AFTERNOON	CAL				
MID-AFTERNOON	CAL	APPLE BALLS	140	OLIVE ACMA	220				
MINI POTATO PASTRY	270	MILK	90	AYRAN	70				
AYRAN	70								
09/06/2025		10/06/2025		11/06/2025		12/06/2025		13/06/2025	
HOLIDAY		BREAKFAST	CAL	BREAKFAST	CAL	BREAKFAST	CAL	BREAKFAST	CAL
		FETA CHEESE	50	LIGHT CREAM CHEESE	198	CREAM CHEESE	39	CHEDDAR CHEESE	65
		CREPE	200	OMELETTE	125	BOILED EGGS	78	PANCAKE	200
		HONEY	64	OLIVES	45	TAHINI & MOLASSES	64	HONEY	64
		CARROT	30	ORANGE	30	APPLE	30	PEPPER	30
		TOMATO	30	CUCUMBER	15	TOMATO	30	CARROT	30
		LINDEN TEA	10	LEMONADE	60	ORANGE TEA	20	ROSEHIP TEA	20
		LUNCH	CAL	LUNCH	CAL	LUNCH	CAL	LUNCH	CAL
		YOGURT SOUP	75	HASANPASHA MEATBALL	275	TURKEY W/MASHED POTATOES	350	BEEF DONER/BAKED POTATOES	450
		SPINACH	85	RICE PILAF	160	PILAF/CURRANTS	180	RICE PILAF	160
		PASTA W/ BOLOGNAISE SAUCE	200	FRUIT	60/100	AYRAN	70	AYRAN/ICE CREAM	70/100
		FRUIT	60/100	STEWED CARROTS W/RAISINS	120	STEWED PEPPER W/STRAINED YOGURT	120	TOMATO SALAD	30
		BULGUR SALAD	120	MEDITERRANEAN SALAD W/FETA CHEESE	120	TOMATO SALAD	30	LETTUCE SALAD W/ROCKET	30
		GREEN SALAD	30	CARROT SALAD W/OLIVES	45	LETTUCE SALAD	30	CARROT SALAD	30
		CARROT SALAD	30	YOGURT/AYRAN & CHICKPEA COLD SOUP	100/90	YOGURT	100	YOGURT/AYRAN & CHICKPEA COLD SOUP	100/90
		YOGURT	100	MID-AFTERNOON	CAL	MID-AFTERNOON	CAL	MID-AFTERNOON	CAL
		CACAO COOKIES	180	SIMIT	220	CHEESE PASTRY	180	LEMON CAKE	160
		MILK	90	AYRAN	70	MILK	90	MILK	90
16/06/2025		17/06/2025		18/06/2025		19/06/2025		20/06/2025	
BREAKFAST	CAL	BREAKFAST	CAL	BREAKFAST	CAL	BREAKFAST	CAL	BREAKFAST	CAL
LIGHT CREAM CHEESE	198	FETA CHEESE	50	LIGHT CREAM CHEESE	198	CHEDDAR CHEESE	65	FETA CHEESE	50
BOILED EGGS	78	CREPE	200	OMELETTE	125	SIMIT	125	PANCAKE	200
OLIVES	64	OLIVES	45	TAHINI & MOLASSES	64	OLIVES	45	HONEY	64
ORANGE	30	CARROT	30	TOMATO	15	APPLE	30	PEPPERS	30
CUCUMBER	15	PEPPER	30	CARROT	30	CUCUMBER	15	CARROT	30
LINDEN TEA	10	LEMONADE	60	MILK	90	ROSEHIP TEA	20	ORANGE TEA	20
LUNCH	CAL	LUNCH	CAL	LUNCH	CAL	LUNCH	CAL	LUNCH	CAL
EZOGE LIN SOUP	100	CHICKPEAS W/BEEF	260	BAKED MEATBALLS/POTATO	285	GREEN BEANS W/MINCED MEAT	160	ENKA BURGER /PICKLE/ TOM./ONION/ BAKED POTATOES	450
BOSNIAN MANTI / YOGURT / SAUCE	400	VERMICELLI RICE PILAF	170	VEGETABLE NOODLE	180	RICE PILAF	160	AYRAN/ICE CREAM	70/100
VEGETABLES	94	FRUIT	60/100	FRUIT	60/100	AYRAN	70	AMERICAN SALAD	105
FRUIT	60/100	PASTA SALAD W/YOGURT	200	LENTIL PATTIES	95	HAYDARI	90	GREEN SALAD W/PURSLANE	30
STEWED MUSHROOMS	105	PICKLES	30	MEDITERRANEAN SALAD W/TUNA	140	LETTUCE SALAD	30	CARROT SALAD	30
GREEN SALAD	140	LETTUCE SALAD W/ROCKET	30	RED CABBAGE SALAD	30	TOMATO SALAD	30	YOGURT	100
TOMATO SALAD	30	YOGURT/CACIK	100/70	YOGURT	100	YOGURT/AYRAN & CHICKPEA COLD SOUP	100/90		
YOGURT	100	MID-AFTERNOON	CAL	MID-AFTERNOON	CAL	MID-AFTERNOON	CAL		
MID-AFTERNOON	CAL	APPLE BALLS	140	OLIVE ACMA	220	TWO COLOR COOKIES	180		
MINI PIZZA	220	MILK	90	AYRAN	70	MILK	90		
AYRAN	70								