



THE ANGLO AMERICAN SCHOOL OF SOFIA
SCHOOL MEAL MENU - MIDDLE SCHOOL AND OLDER PREPARED BY LIBERTY FOOD SERVICES



Week 1			WEDNESDAY 01 June	THURSDAY 02 June	FRIDAY 03 June
SOUP			Chicken soup	Zucchini cream soup	Vegetarian Borsch
SALAD			Fresh spinach salad	Eastern Hummus with crudites	Shopska salad
VEGETARIAN DISH			Vegetarian chili with steamed rice	Vegetarian Fritters with yogurt sauce	Stuffed peppers with rice
MAIN DISH WITH CHICKEN			Fish and Chips	Grilled marinated chicken steak with glazed carrots/bean with chutney	Chicken Tandoori with black and white rice
MAIN DISH WITH PORK/BEEF			Shepherd's Pie (Beef)	Pork steak with with glazed carrots/bean with chutney	Meatballs stew with vegetables (Chirpan style)
DESSERT/FRUIT			Seasonal fruits	Lemon Yogurt cake	Seasonal fruits
Week 2	MONDAY 06 June	TUESDAY 07 June	WEDNESDAY 08 June	THURSDAY 09 June	FRIDAY 10 June
SOUP	Spinach soup	Tomato cream soup	Meatballs soup	Fish soup	Red lentil cream soup (curry)
SALAD	Traditional green salad	Colorfull salad	Fresh salad with avocado	Tomatoes and cucumbers salad	Marinated roasted vegetables with tomatoes salad
VEGETARIAN DISH	Mushrooms with rice	Spinach fritters with yogurt sauce	Quinoa with vegetables and hemp seed	Roasted vegetables with eggs (Tunisian style)	Vegetarian Enchilada
MAIN DISH WITH CHICKEN	Roasted chicken leg with potatoes	Chicken with mozzarella, basil and steamed rice	Crispy chicken with cornflakes and mashed potatoes	Marinated chicken small legs with Wedges potatoes	Chicken Teppanyaki with vegetables and soy sauce
MAIN DISH WITH PORK/BEEF	Pastitsio Bolognese (beef)	Beef Stew with bacon, dark beer and steamed rice	Salmon fillet with mashed potatoes	Pork Schnitzel with Wedges potatoes (pork)	Grilled Sausage with baked half potato
DESSERT/FRUIT	Seasonal fruits	Biscuit Cake	Seasonal fruits	Crème Caramel	Seasonal fruits
Week 3	MONDAY 13 June	TUESDAY 14 June	WEDNESDAY 15 June	THURSDAY 16 June	FRIDAY 17 June
SOUP	Potato cream soup	Pork soup	Roasted peppers cream soup with mascarpone	Mushrooms soup	Boiled Beef soup
SALAD	Crudites salad (peppers, cucumbers, carrots)	Roasted zucchini with yogurt sauce	Cucumbers with cheese	Fresh salads with radishes, onion and cucumbers	Fresh salads and brie cheese
VEGETARIAN DISH	Lentil Stew	Potato fritters with yogurt sauce	Stuffed pepper with three types of cheese	Italian vegetarian risotto	Eggplant with tomato sauce
MAIN DISH WITH CHICKEN	Chicken with rice	Chicken Yakitori with black rice	Wrap with chicken and vegetables	Breaded chicken meatballs with mushrooms and garnish	Chicken mixed grill with garnish of steamed vegetables
MAIN DISH WITH PORK/BEEF	Tagliatele Carbonara (pork)	Stuffed peppers with rice and minced meat (pork)	Oven baked Perch fillet with green bean	Hot Dog with French fries (pork)	Pork Tacos
DESSERT/FRUIT	Seasonal fruits	Pancake with chocolate and banana	Seasonal fruits	Chocolate Muffin	Seasonal fruits
Week 4	MONDAY 20 June	TUESDAY 21 June	WEDNESDAY 22 June	THURSDAY 23 June	FRIDAY 24 June
SOUP	Lentil soup	Onion cream soup with celery	Cold tomato soup with vegetables	Chicken cream soup	
SALAD	Tuna salad	Hummus with roasted bread	Carrots and apples salad with dried fruits	Shepherd's salad	
VEGETARIAN DISH	Pasta with tomato sauce	Zucchini fritters with Thai sauce	Bean stew	Roasted vegetables with pesto and parmesan	PD DAY
MAIN DISH WITH CHICKEN	Chicken wings with Wedges potatoes	Chicken steak with lemon, yogurt and sumak and garnish of string bean	Chicken leg with peas and carrots	Grilled chicken fillet with potato crudites	
MAIN DISH WITH PORK/BEEF	Grilled Kebapche with Wedges potatoes	Moussaka (pork)	Pork Gyros with Tsatsiki and vegetables	100% Beef Burger with potato crudites	
DESSERT/FRUIT	Seasonal fruits	Cheese cake with fresh fruits	Seasonal fruits	Chocolate Brownie	

Menu of the Day

Note that a Combination of Salad + Main Course + Fruit/Dessert = 7.90 BGN (without fish meal)

Note that a Combination of Salad + Vegetarian Main Course + Fruit/Dessert = 6.90 BGN