



Week 1			WEDNESDAY 24 Aug	THURSDAY 25 Aug	FRIDAY 26 Aug
SALAD			Tomatoes with mozzarella	Tomatoes, cucumbers and cheese	Fresh salads with icebeg, cherry tomatoes, lettuce and parmesan
VEGETARIAN DISH			Zucchini fritters with Thai sauce	Vegetarian Curry with red lentil	Stuffed Peppers with rice and vegetables
MAIN DISH WITH CHICKEN			Chicken with cornflakes and Wedges potatoes/Salad	Oven baked chicken small leg with Steamed vegetables/Salad	Oven baked chicken leg with rice
MAIN DISH WITH PORK/BEEF/FISH			Salmon Trout fillet with Wedges potatoes/Salad	Pork meatballs with steamed vegetables/Salad	Pork Schnitzel of minced meat with oven baked rice/Salad
DESSERT			Seasonal fruits	Seasonal fruits	Seasonal fruits
Week 2	MONDAY 29 Aug	TUESDAY 30 Aug	WEDNESDAY 31 Aug	THURSDAY 01 Sept	FRIDAY 02 Sept
SALAD	Greek style salad	Salad Vitamina(apple, beet, carrots)with honey-lemon sauce	Fresh salad with Chicken and blueberry sauce	Garden Salad	Bulgarian Shopska salad(tomatoes, cucumbers, onion, cheese, peppers, olives)
VEGETARIAN DISH	Vegetarian Fresh pasta with Tomato sauce	Vegetarian Risotto with rice Arborio and parmesan	Potato Fritters with yogurt sauce	Zucchini with rice	Vegetarian Enchilada
MAIN DISH WITH CHICKEN	Grilled chicken steak with Steamed broccoli	Chicken Tandoori with Steamed brown rice/Salad	Grilled chicken meatballs with Steamed potatoes/Salad	Chicken wings with Gravy sauce and Mashed potatoes/Salad	Chicken Teppanyaki with grilled vegetables
MAIN DISH WITH PORK/BEEF/FISH	Grilled sausage with Steamed broccoli/Salad(pork)	Oven baked pork steak with herbs and Steamed brown rice/Salad	Breaded white fish fillet with Steamed potatoes/Salad	Shepherd's Pie(beef)	Bulgarian Moussaka(pork)
DESSERT	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits
Week 3	MONDAY 05 Sept	TUESDAY 06 Sept	WEDNESDAY 07 Sept	THURSDAY 08 Sept	FRIDAY 09 Sept
SALAD	Tomato, cucumbers, cheese and olives		Fresh mixed salads	Shepherd's Salad (with ham)	Eastern Hummus with bread
VEGETARIAN DISH	Quinoa with vegetables and hemp seed		Spinach fritters	Mushrooms with rice	Roasted vegetables with pesto sauce and parmesan
MAIN DISH WITH CHICKEN	Grilled chicken steak with Sauteed potatoes and carrots/Salad	HOLIDAY	Grilled Turkey steak with steamed string bean/Salad	Chicken schnitzel with Glazed carrots/Salad	Chicken Tikka Masala with Steamed white rice
MAIN DISH WITH PORK/BEEF/FISH	Roasted Pork with Sauteed potatoes and carrots/Salad		Grilled Pork steak with Steamed string bean/Salad	Pork Tacos	Beef Irish stew with bacon, dark beer and Steamed white rice(beef, pork)
DESSERT	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits
Week 4	MONDAY 12 Sept	TUESDAY 13 Sept	WEDNESDAY 14 Sept	THURSDAY 15 Sept	FRIDAY 16 Sept
SALAD	Red and white cabbage with carrots	Crudites salad	Tomato and basil salad	Iceberg and Cherry Tomatoes Salad	Cucumbers with tomatoes, dill and fresh cheese
VEGETARIAN DISH	Potato Gratin	Spinach puree with egg and cheese	Vegetarian Quiche	Coral Lentil Stew	Eggplant with tomato sauce
MAIN DISH WITH CHICKEN	Ovenbaked chicken fillet with basil, mozzarella and steamed vegetables/Salad	Oven baked chicken leg with Potatoes	Chicken Shish Kebap with garnish of French fries	Chicken Mix Grill with Mashed broccoli and potatoes/Salad	Thailand style chicken meatballs with Fresh vegetables
MAIN DISH WITH PORK/BEEF/FISH	Fresh Tagliatelle Carbonara style (with bacon)	Pork Schnitzel with Oven baked potatoes/Fresh salad	Hot Dog with French fries/Salad	Roasted Beef with Mashed broccoli and potatoes/Salad	Stuffed peppers with rice and pork minced meat
DESSERT	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits
Week 5	MONDAY 19 Sept	TUESDAY 20 Sept	WEDNESDAY 21 Sept	THURSDAY 22 Sept	FRIDAY 23 Sept
SALAD	Colorful salad	Fresh Spinach salad	Caeser Salad with chicken fillet		
VEGETARIAN DISH	Bean stew	Chickpeas stew with spinach and spices	Vegetarian Fritters with yogurt sauce		
MAIN DISH WITH CHICKEN	Chicken steak with lemon, yogurt, sumak and garnish of black and brown rice/Salad	Roasted Chicken small legs with BBQ sauce and garnish of Corn with butter/Salad	Chicken fillet Caprese with garnish of Vegetarian Risotto/Salad	HOLIDAY	HOLIDAY
MAIN DISH WITH PORK/BEEF/FISH	Fresh Pasta Bolognese style(beef)	Grilled Kebapche with garnish of Corn with butter/Salad(pork)	Salmon fillet with garnish		
DESSERT/FRUIT	Seasonal fruits	Seasonal fruits	Seasonal fruits		
Week 6	MONDAY 26 Sept	TUESDAY 27 Sept	WEDNESDAY 28 Sept	THURSDAY 29 Sept	FRIDAY 30 Sept
SALAD	Tomatoes with eggplant salad (Greek style)	Bulgarian Shopska salad(tomatoes, cucumbers, onion, cheese, peppers, olives)	Hummus with crudites	Tomatoes with arugula, cucumbers, and feta cheese	Fatush salad
VEGETARIAN DISH	Zucchini gratin	Rice Noodles with vegetables	Vegetarian Tagine with cous cous and chickpeas	Breaded yellow cheese with fresh vegetables	Oven baked potato Hasselback with sauce
MAIN DISH WITH MEAT	Fresh Pasta with chicken fillet, broccoli, cream, parmesan and mozzarella	Roasted chicken leg with Peas and carrots/Salad	Chicken fillet with honey, mustard, thyme and garnish of Steamed broccoli/Salad	Chicken steak Trakia with Wedges potatoes/Salad	Chicken Teriyaki with black rice and herbs/Salad
MAIN DISH WITH MEAT	Oven baked Pork with rice	Pork fillet with herbs and garnish of Peas and carrots/Salad	Breaded White fish fillet with garnish of Steamed broccoli/Salad	100% Beef Burger with Wedges potatoes/Salad	Meatloaf with black rice and herbs/Salad(pork)
FRUIT	Seasonal fruits	Seasonal fruits	Seasonal Fruit	Seasonal fruits	Seasonal Fruit

Menu of the Day

Note that a Combination of Salad + Main Course + Fruit = 7.80 BGN(without fish meal)

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