



<b>Week 1</b>	<b>MONDAY 03 Oct</b>	<b>TUESDAY 04 Oct</b>	<b>WEDNESDAY 05 Oct</b>	<b>THURSDAY 06 Oct</b>	<b>FRIDAY 07 Oct</b>
SALAD	Shopsky Style Salad	Vitamina salad	Caesar Salad(with chicken fillet)	Roasted peppers and Tomatoes	
VEGETARIAN DISH	Tunisian vegetables with eggs	Mushrooms with Rice	Vegetarian Quesadilla	Forest Patatnik	
MAIN DISH WITH CHICKEN	Chicken with potatoes	Caramelized chicken fillet with corn in butter	Chicken Cornflakes with garnish of potato salad	Oven baked chicken steak with Sautéed potatoes	<b>PD DAY</b>
MAIN DISH WITH PORK/BEEF/FISH	Fresh Lasagna Bolognese (beef)	Stuffed peppers with rice and meat (pork)	Salmon fillet with garnish of String bean	Pork Gyros with Wedges potatoes and tsatsiki	
DESERT/FRUIT	Seasonal fruits	Bulgarian Yogurt with blueberries	Seasonal fruits	Belgian chocolate mousse	
<b>Week 2</b>	<b>MONDAY 17 Oct</b>	<b>TUESDAY 18 Oct</b>	<b>WEDNESDAY 19 Oct</b>	<b>THURSDAY 20 Oct</b>	<b>FRIDAY 21 Oct</b>
SALAD	Snowwhite Salad	Eastern Hummus	Traditional green salad	Crudites salad	Iceberg, carrots, avocado and dried tomatoes
VEGETARIAN DISH	Steamed vegetables with hemp seed and black quinoa	Rice with spinach	Vegetarian Fritters with yogurt sauce	Bulgarian Mish Mash	Ratatouille
MAIN DISH WITH CHICKEN	Grilled chicken leg with lime and spices and garnish of peas and carrots	Chicken fillet with parmesan and garnish of broccoli, potatoes and carrots	Chicken Fajitas	100% Beef Burger with French fries	Crispy chicken fillet with mashed potatoes
MAIN DISH WITH PORK/BEEF/FISH	Fresh Spaghetti Carbonara (pork)	Roasted pork fillet and garnish of broccoli,	Moussaka (pork)	Meatballs stew with vegetables	Irish Beef stew with dark beer, bacon
DESERT/FRUIT	Seasonal fruits	Chocolate Brownie	Seasonal fruits	Cheese cake with blueberries	Seasonal fruits
<b>Week 3</b>	<b>MONDAY 24 Oct</b>	<b>TUESDAY 25 Oct</b>	<b>WEDNESDAY 26 Oct</b>	<b>THURSDAY 27 Oct</b>	<b>FRIDAY 28 Oct</b>
SALAD	Caprese Salad	Fresh salad with tuna	Tomatoes, cucumbers, fresh peppers and cheese	Marinated winter vegetables salad with goat cheese	Nocoise salad with tuna
VEGETARIAN DISH	Fresh pasta with tomato sauce	Stuffed peppers with rice	Roasted pumpkin with bean and zucchini	Vegetarian Quesadilla	Potatoes and zucchini fritters
MAIN DISH WITH CHICKEN	Oven baked Turkey steak with garnish of sautéed potatoes	Chicken small legs with gravy sauce and garnish of mashed potatoes	Chicken wings with gravy sauce and garnish of String bean	Chicken Tandoori with brown rice	Chicken Shawarma and garnish of baked rice
MAIN DISH WITH PORK/BEEF/FISH	Oven baked Pork with rice	Roasted pork with mashed potatoes	Oven baked pork steak with fresh vegetables	Grilled kebapche with garnish (pork and beef)	Beef Stroganoff with oven baked rice
DESERT/FRUIT	Seasonal fruits	Chocolate Muffin	Seasonal fruits	Homemade biscuit cake	Seasonal fruits
<b>Week 4</b>	<b>MONDAY 31 Oct</b>				
SALAD	Greek salad				
VEGETARIAN DISH	Lentil stew				
MAIN DISH WITH CHICKEN	Grilled chicken fillet with garnish of steamed broccoli				
MAIN DISH WITH PORK/BEEF/FISH	Pastitsio Bolognese				
DESERT/FRUIT	Seasonal fruits				

**Menu of the Day**

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

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