



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



Week 1		TUESDAY 01 Nov	WEDNESDAY 02 Nov	THURSDAY 03 Nov	FRIDAY 04 Nov
SOUP		Boiled beef soup	Vegetarian cream soup	Pumpkin cream soup with coconut milk	Spinach and zucchini soup
SALAD		Green salad with radishes, eggs and cucumbers	Shopska salad	Colorfull salad	Salad of tomatoes and roasted pepper
VEGETARIAN DISH		Zucchini Gratin	Rice Noodles with vegetables	Eggplant Parmesan and tomatoes	Potato fritters
MAIN DISH WITH CHICKEN		Grilled chicken mix grill with wedges potatoes	Chicken leg with peas and carrots	Chicken fillet Pacora with French fries	Chicken Yakitori with basmati rice
MAIN DISH WITH PORK/BEEF/FISH		Grilled pork steak with wedges potatoes	Oven baked Salmon with garnish	Hot Dog with French fries(pork)	Stuffed Pepper with Freshly Ground beef and rice
DESSERT		Ovenbaked Sweet Maccaroni	Seasonal Fruit	Pumpkin Muffin	Seasonal Fruit
Week 2	MONDAY 07 Nov	TUESDAY 08 Nov	WEDNESDAY 09 Nov	THURSDAY 10 Nov	FRIDAY 11 Nov
SOUP	Red lentil soup	Meatballs soup	French onion soup	Chicken soup	Zucchini cream soup
SALAD	Iceberg Salad with Ranch Dressing	Tomato & Olives Salad	Eastern Hummus salad	Greek salad	Iceberg and Cherry Tomatoes Salad
VEGETARIAN DISH	Fresh Pasta with tomato sauce	Vegetarian Burritos	Forest Patatnik	Vegetarian Curry	Potato Kibbeh
MAIN DISH WITH CHICKEN	Chicken steak Trakia with string bean	Grilled Chicken Fillet with steamed vegetables	Breaded chicken fillet with garlic and home made chips	Wrap with chicken	Chicken grilled meatballs with oven baked potatoes
MAIN DISH WITH PORK/BEEF/FISH	Mediteranean Burger with fresh salads (beef and pork)	Pork steak with smoked cheese, onion and steamed vegetables	Rissotto with Salmon and vegetables	Pork schnitzel of minced meat with carrots and cabbage salad	Adana Kebap with bread and fresh vegetables(beef and lamb)
DESSERT	Seasonal Fruit	Tiramisu	Seasonal Fruit	Chocolate brownie	Seasonal Fruit
Week 3	MONDAY 14 Nov	TUESDAY 15 Nov	WEDNESDAY 16 Nov	THURSDAY 17 Nov	FRIDAY 18 Nov
SOUP	Potato cream soup	Tarator	Carrots cream soup with smoked cheese	Potato soup with bacon, rosemary and vegetables	Tomato cream soup
SALAD	Village style Bulgarian salad	Green salad with chicken and blueberries sauce	Coleslaw	Tomato & Mozzarella Salad	Greek style salad with eggplant, cheese and tomatoes
VEGETARIAN DISH	Stuffed zucchini with rice	Bean Stew	Steffed peppes with rice	Vegetarian Chili	Mish mash
MAIN DISH WITH CHICKEN	Fresh pasta with chicken smoked fillet, dried tomatoes, mozzarella and parmesan	Chicken wings with Broccoli and carrots	Chicken Teppanyaki with vegetables	Oven baked chicken leg with dark beer and wedges potatoes	Chicken fillet with cornflakes and garnish of oven baked sweet potato
MAIN DISH WITH PORK/BEEF/FISH	Grilled kebabche with potato salad(pork)	Bulgarian Moussaka(pork)	Fish and Chips	100% Beef Burger with wedges potatoes	Pork Gyros with tsatsiki
DESSERT	Seasonal Fruit	Milk with rice	Seasonal Fruit	Pumpkin Crème Brulee	Seasonal Fruit
Week 4	MONDAY 21 Nov	TUESDAY 22 Nov	WEDNESDAY 23 Nov	THURSDAY 25 Nov	FRIDAY 26 Nov
SOUP	Broccoli cream soup with blue cheese	Chicken cream soup	Pumpkin cream soup with red bean and choriso(pork)		
SALAD	Traditional green salad	Shopska salad	Caesar salad		
VEGETARIAN DISH	Potato Gratin	Zucchini fritters with Thai sauce	Spinach Stew with chickpeas		
MAIN DISH WITH CHICKEN	Marinated Chicken small legs with glazed carrots	Chicken Teriyaki with black/white rice	Chicken Cordon bleu with mozzarella sauteed potatoes	HOLIDAY	HOLIDAY
MAIN DISH WITH PORK/BEEF/FISH	Fresh Pasta Bolognese(beef)	Thai Beef with vegeables and black/white rice	Grilled pleskavitsa with sauteed potatoes(pork)		
DESSERT	Seasonal Fruit	Biscuit cake	Seasonal Fruit		
Week 5	MONDAY 28 Nov	TUESDAY 29 Nov	WEDNESDAY 30 Nov		
SOUP	Chicken soup	Bean soup	Soup with beef, caramelized onion and beer		
SALAD	Crudites	Tomatoes, cucumbers and roasted pepper	Eastern Hummus with crudites		
VEGETARIAN DISH	Vegetarian Risotto with rice Arborio and parmesan	Vegetarian Quesadilla	Lentil stew		
MAIN DISH WITH CHICKEN	Chicken with potatoes	Oven baked chicken steak with steamed potatoes	Breaded chicken small leg with Mashed potatoes		
MAIN DISH WITH PORK/BEEF/FISH	Fresh pasta Carbonara Style(pork)	Pork Schnitzel with steamed potatoes(pork)	Salmon fillet with Mashed potatoes		
DESSERT	Seasonal Fruit	Cheese cake	Seasonal Fruit		

Menu of the Day

Daily a menu of the day is proposed, which is a specific combination of Soup or Salad + Main Course + Fruit = 8.50 BGN (Which is posted daily on the board)