



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



<b>Week 1</b>	<b>MONDAY 09 Jan</b>	<b>TUESDAY 10 Jan</b>	<b>WEDNESDAY 11 Jan</b>	<b>THURSDAY 12 Jan</b>	<b>FRIDAY 13 Jan</b>
SOUP			French onion soup	Boiled beef soup	Spinach and zucchini soup
SALAD			Shopska salad	Snowwhite salad	Fresh salad with tuna
VEGETARIAN DISH			Vegetarian fritters with yogurt sauce	Vegetarian Burrito	Stuffed peppers with rice
MAIN DISH WITH CHICKEN	<b>PD DAY</b>	<b>PD DAY</b>	Chicken with cornflakes and potato salad	Oven baked chicken leg with dark beer and mashed potatoes	Grilled chicken fillet with black and white rice
MAIN DISH WITH PORK/BEEF/FISH			Salmon Fillet with potato salad	Mix Grill with peas and carrots(pork)	Chili Con Carne (beef)
FRUIT/DESSERT			Seasonal Fruit	Cheesecake	Seasonal Fruit
<b>Week 2</b>	<b>MONDAY 16 Jan</b>	<b>TUESDAY 17 Jan</b>	<b>WEDNESDAY 18 Jan</b>	<b>THURSDAY 19 Jan</b>	<b>FRIDAY 20 Jan</b>
SOUP	Red lentil soup	Meatballs soup	Zucchini cream soup	Bean soup	Chicken soup
SALAD	Iceberg and cherry tomatoes	Greek salad	Fresh green salad with cucumbers	Eastern Hummus	Tomatoes, cucumbers and carrots
VEGETARIAN DISH	Quinoa and hemp seed with vegetables	Bulgarian Mish Mash	Forest Patatnik	Vegetarian Quesadilla	Roasted pumpkin with black bean and zucchini
MAIN DISH WITH CHICKEN	Roasted chicken leg with rice	Roasted chicken small leg with Gravy sauce with ovenbaked potatoes	Wrap with chicken	Crispy Chicken small legs Wedges potatoes	Chicken steak with lemon, yogurt, sumac with steamed vegetables
MAIN DISH WITH PORK/BEEF/FISH	Fresh Pasta Bolognese (beef only)	Meatballs with tomato sauce	Fish&Chips	Hot Dog (pork) with French Fries	Grilled pork fillet with herbs and steamed vegetables
FRUIT/DESSERT	Seasonal Fruit	Chocolate Brownie	Seasonal Fruit	Coconut cake	Seasonal Fruit
<b>Week 3</b>	<b>MONDAY 23 Jan</b>	<b>TUESDAY 24 Jan</b>	<b>WEDNESDAY 25 Jan</b>	<b>THURSDAY 26 Jan</b>	<b>FRIDAY 27 Jan</b>
SOUP	Red peppers cream soup with mascarpone	Mushrooms soup	Pumpkin cream soup with red bean and choriso(pork)	Tomato cream soup	Beef soup with sweet small corn and mushrooms
SALAD	Salad with cabbage,cucumbers and tomatoes	Vitamina Salad	Tomatoes and cucumbers salad	Salad of Cucumbers, radishes and egg	Mixed Salad
VEGETARIAN DISH	Pasta with tomato sauce	Vegetarian Chili	Zucchini Fritters with yogurt sauce	Oven baked vegetables with eggs	Bean stew
MAIN DISH WITH CHICKEN	Grilled Chicken steak Trakia with fresh salad	Chicken with potatoes	Oven baked chicken steak with Mashed potatoes	Oven baked chicken meatballs with Fries	Chicken Tikka Massala with basmati rice
MAIN DISH WITH PORK/BEEF/FISH	Grilled sausage with Fresh salad (pork)	Stuffed peppers with rice and minced meat (pork)	Oven baked Thai Meatballs with Mashed potatoes (pork)	100% Beef Burger with Fries	Pork Gyros with Vegetables and Tsatsiki
FRUIT/DESSERT	Seasonal Fruit	Pancake with fruits and chocolate	Seasonal Fruit	Caramel crème	Seasonal Fruit
<b>Week 4</b>	<b>MONDAY 30 Jan</b>	<b>TUESDAY 31 Jan</b>			
SOUP	Vegetarian Soup	Tarator			
SALAD	Tomatoes and cheese salad	Caeser salad with chicken fillet			
VEGETARIAN DISH	Vegetarian Gratin	Omelete with white and yellow cheese			
MAIN DISH WITH CHICKEN	Chicken wings with Steamed potatoes	Chicken Mix Grill with peas and carrots			
MAIN DISH WITH PORK/BEEF/FISH	Tagliatelle with Bacon - Carbonara Style (pork)	Oven baked Pork with peas and carrots			
FRUIT/DESSERT	Seasonal Fruit	Biscuit Cake			

**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)