



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



Week 1	MONDAY 06 March	TUESDAY 07 March	WEDNESDAY 08 March	THURSDAY 09 March	FRIDAY 10 March
SOUP		Mushrooms soup	Cream soup with celery, apple, potatoes and smoked fish	French onion soup	Bean soup
SALAD		Shopska salad	Tomato and cheese salad	Eastern Hummus	Tomatoes and cucumbers salad
VEGETARIAN DISH	PD DAY	Potato fritters with mozzarella	Lentil Stew	Oven baked zucchini with tomatoes and rice	Roasted broccoli with yellow cheese sauce
MAIN DISH WITH CHICKEN		Chicken with rice	Chicken with cornflakes with potato salad	Chicken small legs with BBQ sauce and French fries	Chicken fillet with Potatoes Hasselback
MAIN DISH WITH PORK/BEEF/FISH		Pork Tacos	Grilled Sallmon Fillet potato salad	Pork Schnitzel with French fries	Stuffed peppers with rice and minced meat(pork)
DESSERT/FRUIT		Biscuit Cake	Seasonal Fruit	Tiramisu	Seasonal Fruit
Week 2	MONDAY 13 March	TUESDAY 14 March	WEDNESDAY 15 March	THURSDAY 16 March	FRIDAY 17 March
SOUP	Meatballs soup	Tarator	Red Cabbage cream soup	Tomato cream soup with basil	Boiled beef soup with vegetables
SALAD	Tomatoes and mozzarella	Snow white salad	Greek style eggplant salad	Iceberg with roasted vegetables and sprouts	Tomatoes, roasted peppers and cucumbers salad
VEGETARIAN DISH	Omelet with white and yellow cheese	Ratatouille	Zucchini Fritters with Thai sauce	Breaded Yellow cheese	Vegetarian risotto
MAIN DISH WITH CHICKEN	Chicken wings (Korean style) with Sauteed potatoes	Chimichanga with chicken	Chicken Teriyaki with basmati rice	Marinated chicken leg and glazed carrots	Chicken Tandoori with white rice
MAIN DISH WITH PORK/BEEF/FISH	Fresh Lasagna Bolognese(beef)	Beef steak with peas	Trout fillet with basmati rice	Beef Wrap with fresh salads and French fries	Beef and lamb kebab with bread and fresh salad
DESSERT/FRUIT	Seasonal Fruit	Crème brule	Seasonal Fruit	Chocolate Muffin	Seasonal Fruit
Week 3	MONDAY 20 March	TUESDAY 21 March	WEDNESDAY 22 March	THURSDAY 23 March	FRIDAY 24 March
SOUP	Pumpkin cream soup with coconut milk	Potato cream soup	Vegetarian Cream soup	Mulligatawny chicken soup	Chicken soup
SALAD	Fresh mixed salads with yogurt balls	Turnip, carrots, apples, and beet salad with honey sauce	Crudites salad (peppers, carrots, cucumbers)	Iceberg with cherry tomatoes and parmesan	Caesar salad with chicken fillet
VEGETARIAN DISH	Rice Noodles with vegetables	Bulgarian Mish mash	Forest Patatnik	Quinoa with vegetables hemp seed and black lentil	Spring Risotto with spelt
MAIN DISH WITH CHICKEN	Chicken meatballs with String bean	Roasted chicken leg with dark beer and garnish of baked potatoes	Mixed Grill (WIHTOUT PORK) with mashed potatoes	Chicken Schnitzel with parmesan and French fries	Chicken steak Trakia with steamed broccoli
MAIN DISH WITH PORK/BEEF/FISH	Fresh pasta Carbonara style(pork)	Grilled Kebapche with baked potatoes(pork and beef)	Perch Fillet with mashed potatoes	Hot Dog with French fries (pork)	Grilled Pork steak with steamed broccoli
DESSERT	Seasonal Fruit	Cheese cake with forest fruits	Seasonal Fruit	Éclair Cake	Seasonal Fruit
Week 4	MONDAY 27 March	TUESDAY 28 March	WEDNESDAY 29 March	THURSDAY 30 March	FRIDAY 31 March
SOUP	Baked carrots cream soup	Red peppers cream soup with mascarpone	Village style chicken soup	Spinach soup	Cold tomato soup
SALAD	Shopska salad	Nocoise salad	Eastern Hummus	Fresh salad with quinoa	Greek salad
VEGETARIAN DISH	Pasta with tomato sauce	Vegegarian Quesadilla	Grilled vegetables with pesto sauce and parmesan	Vegetarian Curry	Breaded cauliflower with mustard/yogurt sauce
MAIN DISH WITH CHICKEN	Chicken Teppanyaki	Thai Chicken Thai meatballs with fresh salads	Marinated chicken small legs with French fries	Chicken Kavarma (chicken with vegetables)	Chicken Yaktori(skewers) with brown and black rice
MAIN DISH WITH PORK/BEEF/FISH	Chili con carne(beef)	Moussaka(pork)	Fish and chips	100 % Beef Burger with Wedges potatoes	Roasted Pork with brown and black rice
DESSERT/FRUIT	Seasonal Fruit	Yogurt with Chia, sliced banana and shaved chocolate	Seasonal Fruit	Chocolate éclair	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)