

THE ANGLO AMERICAN SCHOOL OF SOFIA  
SCHOOL MEAL MENU - PREK SCHOOL PREPARED BY LIBERTY FOOD SERVICES



<b>Week 1</b>	<b>MONDAY 06 March</b>	<b>TUESDAY 07 March</b>	<b>WEDNESDAY 08 March</b>	<b>THURSDAY 09 March</b>	<b>FRIDAY 10 March</b>
SALAD		Shopska salad	Tomato and cheese salad	Eastern Hummus	Tomatoes and cucumbers salad
VEGETARIAN DISH		Potato fritters with mozzarella	Lentil Stew	Oven baked zucchini with tomatoes and rice	Roasted broccoli with yellow cheese sauce
MAIN DISH WITH CHICKEN	<b>PD DAY</b>	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 white rice	Beef and lamb kebab with bread and fresh salad
DESSERT/FRUIT		Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Week 2</b>	<b>MONDAY 13 March</b>	<b>TUESDAY 14 March</b>	<b>WEDNESDAY 15 March</b>	<b>THURSDAY 16 March</b>	<b>FRIDAY 17 March</b>
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 corn with butter	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	Stuffed peppers with rice and minced meat(pork)
DESSERT/FRUIT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Week 3</b>	<b>MONDAY 20 March</b>	<b>TUESDAY 21 March</b>	<b>WEDNESDAY 22 March</b>	<b>THURSDAY 23 March</b>	<b>FRIDAY 24 March</b>
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	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Week 4</b>	<b>MONDAY 27 March</b>	<b>TUESDAY 28 March</b>	<b>WEDNESDAY 29 March</b>	<b>THURSDAY 30 March</b>	<b>FRIDAY 31 March</b>
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	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit

**Menu of the Day**

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

Note that a Combination of Salad + Vegetarian Main Course + Fruit = 7.80 BGN