



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



Week 1	MONDAY 01 May	TUESDAY 02 May	WEDNESDAY 03 May	THURSDAY 04 May	FRIDAY 05 May
SOUP		Califlower soup	Spinach soup with quinoa, cheese and eggs	Fish soup	Beef Soup
SALAD		Nicoise salad	Oven baked zucchini with yogurt sauce	Iceberg with cherry tomatoes, parmesan and cucumbers	Caesar Salad with chicken fillet
VEGETARIAN DISH	HOLIDAY	Spinach stew with chickpeas	Omelet with yellow and white cheese	Lentil Stew	Stuffed peppers with three types of cheese and pesto sauce
MAIN DISH WITH CHICKEN		Chicken Teriyaki with basmati rice	Oven baked chicken small legs with BBQ sauce and French fries	Chicken leg with peas and carrots	Chicken steak with spices and Wedges potatoes
MAIN DISH WITH PORK/BEEF/FISH		Stuffed peppers with rice and minced meat	Fish N Chips	Roasted beef with peas and carrots	Pork Gyros with tsatsiki and Wedges potatoes
DESSERT/FRUIT		Milk with rice	Seasonal Fruit	Chocolate Souffle	Seasonal Fruit
Week 2	MONDAY 08 May	TUESDAY 09 May	WEDNESDAY 10 May	THURSDAY 11 May	FRIDAY 12 May
SOUP		Tomato soup with basil	Meatballs soup	Chicken soup	Mediterranean dock soup with lemon
SALAD		Crudites salad(cucumbers, peppers, carrots)	Greek style salad with eggplant and tomatoes	Tomato with cheese salad	Fresh salad with blue cheese and walnuts
VEGETARIAN DISH	HOLIDAY	Spanish Tortilla with potatoes, spinach and eggs	Vegetarian Tagine with cous cous and chickpeas	Stuffed peppers with rice	Potato fritters with yogurt sauce
MAIN DISH WITH CHICKEN		Chicken with rice	Crispy chicken with potato salad	Chicken Curry with garnish of brown rice	Chicken Quesadilla
MAIN DISH WITH PORK/BEEF/FISH		Shepherd's Pie (beef)	Oven baked Salmon fillet with potato salad	Pork loins with brown rice	Meatloaf with garnish of sauteed fresh potatoes
DESSERT/FRUIT		Chocolate mousse	Seasonal Fruit	Charlotte with peach	Seasonal Fruit
Week 3	MONDAY 15 May	TUESDAY 16 May	WEDNESDAY 17 May	THURSDAY 18 May	FRIDAY 19 May
SOUP	Zucchini cream soup	Vegetarian soup	Beef Boiled soup	Mushrooms soup	Lentil soup
SALAD	Greek salad	Shopska salad	Mix of green salads with tuna	Fresh spinach salad	Caprese salad
VEGETARIAN DISH	Forest Patatnik	Bulgarian mish mash	Spinach fritters with yogurt sauce	Vegetarian Curry	Bean Stew
MAIN DISH WITH CHICKEN	Roasted chicken fillet with half potatoes and yogurt sauce	Chicken with potatoes	Grilled chicken meatballs with steamed potatoes	Chicken wings with potatoes	Wrap with chicken
MAIN DISH WITH PORK/BEEF/FISH	Fresh Pasta Carbonara style	Pork Tacos	Roasted Trout fillet and steamed potatoes	Hot dog with potatoes (pork/beef)	Potatoes with bacon, cream cheese and fresh onion (pork)
DESSERT/FRUIT	Seasonal Fruit	Crème Tiramisu with pineapple	Seasonal Fruit	Cheese cake	Seasonal Fruit
Week 4	MONDAY 22 May	TUESDAY 23 May	WEDNESDAY 24 May	THURSDAY 25 May	FRIDAY 26 May
SOUP	Poato cream soup	Tarator soup(cold soup)		Soup of celery and apples and smoked fish	Red peppers cream soup with mascarpone
SALAD	Fresh mixed salads with beet and sprouts	Green salad with radishes, cucumbers and egg		Iceberg, carrots, dried tomatoes and avocado	Eastern Hummus
VEGETARIAN DISH	Oven baked broccoli with yellow cheese sauce	Vegetarian Quesadilla	HOLIDAY	Spinach with rice	Zucchini fritters with Thai sauce
MAIN DISH WITH CHICKEN	Lasagna Bolognese	Oven baked small chicken leggs and gravy sauce with of mashed potatoes		Caramelized chicken fillet with garlic and Wedges potatoes	Crispy chicken with cornflakes and garnish of String bean
MAIN DISH WITH PORK/BEEF/FISH	Grilled Karnache with cabbage and carrots salad	Pork Schnitzel and mashed potatoes		100% Beef Burger with Wedges potatoes	Meatballs with tomato sauce (pork)
DESSERT/FRUIT	Seasonal Fruit	Chocolate muffin with raisins and orange		Sacher cake	Seasonal Fruit
Week 5	MONDAY 29 May	TUESDAY 30 May	WEDNESDAY 31 May		
SOUP	Carrots cream soup with ginger	Potato soup with bacon and rosemary	Bean soup		
SALAD	Iceberg with cherry tomato salad	Caesar salad with chicken	Tomatoes, cucumbers, roasted peppers, fresh onion and cheese salad		
VEGETARIAN DISH	Pasta with tomato sauce	Stuffed sweet potato with ricotta, spinach and egg	Vegetarian chili with steamed rice		
MAIN DISH WITH CHICKEN	Grilled chicken steak with herbs and Steamed rice	Mixed Grill without pork with glazed carrots	Chicken Shawarma with risotto with vegetables		
MAIN DISH WITH PORK/BEEF/FISH	Pork with rice	Moussaka (pork)	Oven baked Perch fillet with garnish of risotto with vegetables		
DESSERT/FRUIT	Seasonal Fruit	Chocolate Brownie	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)