



THE ANGLO AMERICAN SCHOOL OF SOFIA



SCHOOL MEAL MENU - PREK STUDENTS PREPARED BY LIBERTY FOOD SERVICES

Week 1	MONDAY 28 Aug	TUESDAY 29 Aug	WEDNESDAY 30 Aug	THURSDAY 31 Aug	FRIDAY 01 Sept
SALAD	Greek style salad	Salad Vitamina(apple, beet, carrots)with honey-lemon sauce	Fresh salad with Chicken and blueberry sauce	Garden Salad	Bulgarian Shopska salad(tomatoes, cucumbers, onion, cheese, peppers, olives)
VEGETARIAN DISH	Vegetarian Fresh pasta with Tomato sauce	Vegetarian Risotto with rice Arborio and parmesan	Potato Fritters with yogurt sauce	Zucchini with rice	Vegetarian Enchilada
MAIN DISH WITH CHICKEN	Grilled chicken steak with Steamed broccoli	Chicken Tandoori with Steamed brown rice/Salad	Grilled chicken meatballs with Steamed potatoes/Salad	Chicken wings with Gravy sauce and Mashed potatoes/Salad	Chicken Yakitori with basmati rice
MAIN DISH WITH PORK/BEEF/FISH	Grilled sausage with Steamed broccoli/Salad(pork)	Oven baked pork steak with herbs and Steamed brown rice/Salad	Breaded white fish fillet with Steamed potatoes/Salad	Shepherd's Pie(beef)	Bulgarian Moussaka(pork)
DESERT	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits
Week 2	MONDAY 04 Sept	TUESDAY 05 Sept	WEDNESDAY 06 Sept	THURSDAY 07 Sept	FRIDAY 08 Sept
SALAD	Tomato, cucumbers, cheese and olives	Fresh mixed salads		Shepherd's Salad (with ham)	Eastern Hummus with bread
VEGETARIAN DISH	Quinoa with vegetables and hemp seed	Spinach fritters		Mushrooms with rice	Roasted vegetables with pesto sauce and parmesan
MAIN DISH WITH CHICKEN	Grilled chicken steak with Sautéed potatoes and carrots/Salad	Grilled Turkey steak with steamed string bean/Salad	HOLIDAY	Chicken schnitzel with Glazed carrots/Salad	Chicken Tikka Masala with Steamed white rice
MAIN DISH WITH PORK/BEEF/FISH	Roasted Pork with Sautéed potatoes and carrots/Salad	Grilled Pork steak with Steamed string bean/Salad		Pork Tacos	Beef Irish stew with bacon, dark beer and Steamed white rice(beef, pork)
DESERT	Seasonal fruits	Seasonal fruits		Seasonal fruits	Seasonal fruits
Week 3	MONDAY 11 Sept	TUESDAY 12 Sept	WEDNESDAY 13 Sept	THURSDAY 14 Sept	FRIDAY 15 Sept
SALAD	Red and white cabbage with carrots	Crudites salad	Tomato and basil salad	Iceberg and Cherry Tomatoes Salad	Cucumbers with tomatoes, dill and fresh cheese
VEGETARIAN DISH	Potato Gratin	Spinach puree with egg and cheese	Vegetarian Quiche	Coral Lentil Stew	Eggplant with tomato sauce
MAIN DISH WITH CHICKEN	Ovenbaked chicken fillet with basil, mozzarella and steamed vegetables/Salad	Oven baked chicken leg with Potatoes	Chicken Shish Kebap with garnish of Mashed potatoes	Chicken Mix Grill with French fries/Salad	Thailand style chicken meatballs with Fresh vegetables
MAIN DISH WITH PORK/BEEF/FISH	Fresh Tagliatelle Carbonara style (with bacon)	Pork Schnitzel with Oven baked potatoes/Fresh salad	Perch fillet with Mashed potatoes	Hot Dog with French fries/Salad	Stuffed peppers with rice and pork minced meat
DESERT	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits
Week 4	MONDAY 18 Sept	TUESDAY 19 Sept	WEDNESDAY 20 Sept	THURSDAY 21 Sept	FRIDAY 22 Sept
SALAD	Colorful salad	Fresh Spinach salad	Caesar Salad with chicken fillet	Green salad with quinoa, broccoli and boiled egg	
VEGETARIAN DISH	Bean stew	Chickpeas stew with spinach and spices	Vegetarian Fritters with yogurt sauce	Ratatouille with polenta and goat cheese	
MAIN DISH WITH CHICKEN	Chicken steak with lemon, yogurt, sumak and garnish of black and brown rice/Salad	Roasted Chicken small legs with BBQ sauce and garnish of Corn with butter/Salad	Chicken fillet Caprese with garnish of Vegetarian Risotto/Salad	Tuscan style chicken fillet with garnish	HOLIDAY
MAIN DISH WITH PORK/BEEF/FISH	Fresh Pasta Bolognese style(beef)	Grilled Kebapche with garnish of Corn with butter/Salad(pork)	Salmon fillet with garnish	Pork Giros with tsatsiki and wedges potatoes	
DESERT/FRUIT	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	
Week 5	MONDAY 25 Sept	TUESDAY 26 Sept	WEDNESDAY 27 Sept	THURSDAY 28 Sept	FRIDAY 29 Sept
SALAD	Tomatoes with eggplant salad (Greek style)	Bulgarian Shopska salad(tomatoes, cucumbers, onion, cheese, peppers, olives)	Hummus with crudites	Tomatoes with arugula, cucumbers, and feta cheese	Fatoush salad
VEGETARIAN DISH	Zucchini gratin	Rice Noodles with vegetables	Vegetarian Tagine with cous cous and chickpeas	Breaded yellow cheese with fresh vegetables	Oven baked potato Hasselback with sauce
MAIN DISH WITH MEAT	Fresh Pasta with chicken fillet, broccoli, cream, parmesan and mozzarella	Roasted chicken leg with Peas and carrots/Salad	Chicken fillet with honey, mustard, thyme and garnish of Steamed broccoli/Salad	Chicken steak Trakia with Wedges potatoes/Salad	Chicken Teriyaki with black rice and herbs/Salad
MAIN DISH WITH MEAT	Oven baked Pork with rice	Pork fillet with herbs and garnish of Peas and carrots/Salad	Breaded White fish fillet with garnish of Steamed broccoli/Salad	100% Beef Burger with Wedges potatoes/Salad	Meatloaf with black rice and herbs/Salad(pork)
FRUIT	Seasonal fruits	Seasonal fruits	Seasonal Fruit	Seasonal fruits	Seasonal Fruit

Menu of the Day

Note that a Combination of Salad + Main Course + Fruit = 8.40 BGN(without fish meal)

Note that a Combination of Salad + Vegetarian Main Course + Fruit = 8.40 BGN