



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



Week 1				WEDNESDAY 01 Nov				THURSDAY 02 Nov				FRIDAY 03 Nov												
		gr/p	BG			gr/p	BG			gr/p	BG			gr/p	BG									
SOUP						Winter vegetables cream soup with mushrooms	200	2.30	Pumpkin cream soup with coconut milk	200	2.30	Spinach and zucchini soup	200	2.30										
SALAD						Shopska salad	100	2.60	Colorfull salad	100	2.60	Iceberg and Cherry Tomatoes Salad	100	2.60										
VEGETARIAN DISH						Rice Noodles with vegetables	250	4.50	Vegetarian Curry	250	4.50	Potato fritters	250	4.50										
MAIN DISH WITH CHICKEN						Chicken leg with peas and carrots	250	5.50	Chicken fillet Pacora with French fries	250	5.50	Pizza with mozzarella		3.50										
MAIN DISH WITH PORK/BEEF/FISH						Oven baked Salmon with garnish	250		Hot Dog with French fries(pork)	250	5.50	Pizza with ham and mozzarella		3.50										
DESSERT						Seasonal Fruit		1.20	Chocolate Cup cake		3.40	Seasonal Fruit		1.20										
Week 2				MONDAY 06 Nov				TUESDAY 07 Nov				WEDNESDAY 08 Nov				THURSDAY 09 Nov				FRIDAY 10 Nov				
		gr/p	BG			gr/p	BG			gr/p	BG			gr/p	BG			gr/p	BG			gr/p	BG	
SOUP	Red lentil soup	200	2.30	Meatballs soup	200	2.60	French onion soup	200	2.30	Chicken soup	200	2.60	Zucchini cream soup	200	2.30									
SALAD	Village style Bulgarian salad	100	2.60	Greek salad	100	2.60	Eastern Hummus salad	100	2.60	Tomato & Olives Salad	100	2.60	Salad of tomatoes and roasted pepper	100	2.60									
VEGETARIAN DISH	Fresh Pasta with tomato sauce	250	4.50	Steffed peppers with rice	250	4.50	Forest Patatnik	250	4.50	Eggplant Parmesan and tomatoes	250	4.50	Potato Kibbeh	250	4.50									
MAIN DISH WITH CHICKEN	Chicken steak Trakia with string bean	250	5.50	Grilled Chicken Fillet with steamed vegetables	250	5.50	Breaded chicken fillet with garlic and home made potatoes	250	5.50	Wrap with chicken	250	5.50	Pizza with mozzarella		3.50									
MAIN DISH WITH PORK/BEEF/FISH	Mediteranean Burger with fresh salads (beef and pork)	250	5.50	Pork steak with smoked cheese, onion and steamed vegetables	250	5.50	Trout fillet with home made potatoes	250		Pork schnitzel of minced meat with carrots and cabbage salad	250	5.50	Pizza with ham and mozzarella		3.50									
DESSERT	Seasonal Fruit		1.20	Tiramisu		3.40	Seasonal Fruit		1.20	Chocolate brownie		3.40	Seasonal Fruit		1.20									
Week 3				MONDAY 13 Nov				TUESDAY 14 Nov				WEDNESDAY 15 Nov				THURSDAY 16 Nov				FRIDAY 17 Nov				
		gr/p	BG			gr/p	BG			gr/p	BG			gr/p	BG			gr/p	BG			gr/p	BG	
SOUP	Potato cream soup	200	2.30	Tarator	200	2.30	Carrots cream soup with smoked cheese	200	2.30	Potato soup with bacon, rosemary and vegetables	200	2.60	Tomato cream soup	200	2.30									
SALAD	Iceberg Salad with Ranch Dressing	100	2.60	Green salad with chicken and blueberries sauce	100	2.60	Caesar salad	100	2.60	Greek style salad with eggplant, cheese and tomatoes	100	2.60	Tomato & Mozzarella Salad	100	2.60									
VEGETARIAN DISH	Stuffed zucchini with rice	250	4.50	Bean Stew	250	4.50	Vegetarian Burritos	250	4.50	Spinach Stew with chickpeas	250	4.50	Mish mash	250	4.50									
MAIN DISH WITH CHICKEN	Fresh pasta with chicken smoked fillet, dried tomatoes, mozzarella and parmesan	250	5.50	Chicken wings with Broccoli and carrots	250	5.50	Chicken with rice	250	5.50	Chicken Tandoori with black and white rice	250	5.50	Pizza with mozzarella		3.50									
MAIN DISH WITH PORK/BEEF/FISH	Grilled kebabche with potato salad(pork)	250	5.50	Bulgarian Moussaka(pork)	250	5.50	Fish and Chips	250		Chili Con Carne (beef)	250	5.50	Pizza with ham and mozzarella		3.50									
DESSERT	Seasonal Fruit		1.20	Milk with rice		3.40	Seasonal Fruit		1.20	Pumpkin Crème Brulee		3.40	Seasonal Fruit		1.20									
Week 4				MONDAY 20 Nov				TUESDAY 21 Nov				WEDNESDAY 22 Nov				THURSDAY 23 Nov				FRIDAY 24 Nov				
		gr/p	BG			gr/p	BG			gr/p	BG			gr/p	BG			gr/p	BG			gr/p	BG	
SOUP	Broccoli cream soup with blue cheese	200	2.30	Chicken cream soup	200	2.60	Pumpkin cream soup with red bean and choriso(pork)	200	2.30															
SALAD	Traditional green salad	100	2.60	Shopska salad	100	2.60	Coleslaw	100	2.60															
VEGETARIAN DISH	Potato Gratin	250	4.50	Zucchini fritters with Thai sauce	250	4.50	Vegetarian Chili	250	4.50															
MAIN DISH WITH CHICKEN	Marinated Chicken small legs with glazed carrots	250	5.50	Chicken Teriyaki with black/white rice	250	5.50	Chicken Pleskavitsa with sauteed potatoes	250	5.50	HOLIDAY				HOLIDAY										
MAIN DISH WITH PORK/BEEF/FISH	Fresh Lasagna Bolognese(beef)	250	5.50	Thai Beef with vegeables and black/white rice	250	5.50	Perch fillet with sauteed potatoes	250																
DESSERT	Seasonal Fruit		1.20	Biscuit cake		3.40	Seasonal Fruit		1.20															
Week 5				MONDAY 27 Nov				TUESDAY 28 Nov				WEDNESDAY 29 Nov				THURSDAY 30 Nov								
		gr/p	BG			gr/p	BG			gr/p	BG			gr/p	BG			gr/p	BG			gr/p	BG	
SOUP	Soup with beef, caramelized onion and beer	200	2.60	Bean soup	200	2.30	Vegetarian cream soup	200	2.30	Boiled beef soup	200	2.60												
SALAD	Crudites	100	2.60	Tomatoes, cucumbers and roasted pepper	100	2.60	Eastern Hummus with crudites	100	2.60	Snowwhite salad	100	2.60												
VEGETARIAN DISH	Vegetarian Risotto with rice Arborio and parmesan	250	4.50	Vegetarian Quesadilla	250	4.50	Lentil stew	250	4.50	Tart with spinach and polenta	250	4.50												
MAIN DISH WITH CHICKEN	Chicken with potatoes	250	5.50	Oven baked chicken steak with steamed potatoes	250	5.50	Breaded chicken small leg with Mashed potatoes	250	5.50	Oven baked chicken leg with dark beer and wedges potatoes	250	5.50												
MAIN DISH WITH PORK/BEEF/FISH	Fresh pasta Carbonara Style(pork)	250	5.50	Pork Schnitzel with steamed potatoes(pork)	250	5.50	Salmon fillet with Mashed potatoes	250		100% Beef Burger with wedges potatoes	250	5.50												
DESSERT	Seasonal Fruit		1.20	Cheese cake		3.40	Seasonal Fruit		1.20	Éclair with vanilla crème		3.40												

Menu of the Day

Note that a Combination of Salad/Soup + Main Course + Fruit/Dessert = 8.20 BGN(without fish meal)

Note that a Combination of Salad + Vegetarian Main Course + Fruit/Dessert = 8.20 BGN