



THE ANGLO AMERICAN SCHOOL OF SOFIA
SCHOOL MEAL MENU - ELEMENTARY SCHOOL 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	300	2.60	Pumpkin cream soup with coconut milk	300	2.60	Spinach and zucchini soup	300	2.60											
SALAD						Shopska salad	150	2.90	Colorfull salad	150	2.90	Iceberg and Cherry Tomatoes Salad	150	2.90											
VEGETARIAN DISH						Rice Noodles with vegetables	300	4.80	Vegetarian Curry	300	4.80	Potato fritters	300	4.80											
MAIN DISH WITH CHICKEN				Perch fillet		Chicken leg with peas and carrots	300	6.00	Chicken fillet Pacora with French fries	300	6.00	Chicken Yakitori with basmati rice	300	6.00											
MAIN DISH WITH PORK/BEEF/FISH						Oven baked Salmon with garnish	300		Hot Dog with French fries(pork)	300	6.00	Stuffed Pepper with Freshly Ground beef and rice	300	6.00											
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	300	2.60	Meatballs soup	300	2.90	French onion soup	300	2.60	Chicken soup	300	2.90	Zucchini cream soup	300	2.60										
SALAD	Village style Bulgarian salad	150	2.90	Greek salad	150	2.90	Eastern Hummus salad	150	2.90	Tomato & Olives Salad	150	2.90	Salad of tomatoes and roasted pepper	150	2.90										
VEGETARIAN DISH	Fresh Pasta with tomato sauce	300	4.80	Steffed peppers with rice	300	4.80	Forest Patatnik	300	4.80	Eggplant Parmesan and tomatoes	300	4.80	Potato Kibbeh	300	4.80										
MAIN DISH WITH CHICKEN	Chicken steak Trakia with string bean	300	6.00	Grilled Chicken Fillet with steamed vegetables	300	6.00	Breaded chicken fillet with garlic and home made potatoes	300	6.00	Wrap with chicken	300	6.00	Chicken grilled meatballs with oven baked potatoes	300	6.00										
MAIN DISH WITH PORK/BEEF/FISH	Mediteranean Burger with fresh salads (beef and pork)	300	6.00	Pork steak with smoked cheese, onion and steamed vegetables	300	6.00	Trout fillet with home made potatoes	300		Pork schnitzel of minced meat with carrots and cabbage salad	300	6.00	Adana Kebap with bread and fresh vegetables(beef and lamb)	300	6.00										
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	300	2.60	Tarator	300	2.60	Carrots cream soup with smoked cheese	300	2.60	Potato soup with bacon, rosemary and vegetables	300	2.90	Tomato cream soup	300	2.60										
SALAD	Iceberg Salad with Ranch Dressing	150	2.90	Green salad with chicken and blueberries sauce	150	2.90	Caesar salad	150	2.90	Greek style salad with eggplant, cheese and tomatoes	150	2.90	Tomato & Mozzarella Salad	150	2.90										
VEGETARIAN DISH	Stuffed zucchini with rice	300	4.80	Bean Stew	300	4.80	Vegetarian Burritos	300	4.80	Spinach Stew with chickpeas	300	4.80	Mish mash	300	4.80										
MAIN DISH WITH CHICKEN	Fresh pasta with chicken smoked fillet, dried tomatoes, mozzarella and parmesan	300	6.00	Chicken wings with Broccoli and carrots	300	6.00	Chicken with rice	300	6.00	Chicken Tandoori with black and white rice	300	6.00	Chicken fillet with cornflakes and garnish of oven baked sweet potato	300	6.00										
MAIN DISH WITH PORK/BEEF/FISH	Grilled kebabche with potato salad(pork)	300	6.00	Bulgarian Moussaka(pork)	300	6.00	Fish and Chips	300		Chili Con Carne (beef)	300	6.00	Pork Gyros with tsatsiki	300	6.00										
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	300	2.60	Chicken cream soup	300	2.90	Pumpkin cream soup with red bean and choriso(pork)	300	2.90																
SALAD	Traditional green salad	150	2.90	Shopska salad	150	2.90	Coleslaw	150	2.90																
VEGETARIAN DISH	Potato Gratin	300	4.80	Zucchini fritters with Thai sauce	300	4.80	Vegetarian Chili	300	4.80																
MAIN DISH WITH CHICKEN	Marinated Chicken small legs with glazed carrots	300	6.00	Chicken Teriyaki with black/white rice	300	6.00	Chicken Pleskavitsa with sauteed potatoes	300	6.00																
MAIN DISH WITH PORK/BEEF/FISH	Fresh Lasagna Bolognese(beef)	300	6.00	Thai Beef with vegeables and black/white rice	300	6.00	Perch fillet with sauteed potatoes	300																	
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	300	2.90	Bean soup	300	2.60	Vegetarian cream soup	300	2.60	Boiled beef soup	300	2.90													
SALAD	Crudites	150	2.90	Tomatoes, cucumbers and roasted pepper	150	2.90	Eastern Hummus with crudites	150	2.90	Snowwhite salad	150	2.90													
VEGETARIAN DISH	Vegetarian Risotto with rice Arborio and parmesan	300	4.80	Vegetarian Quesadilla	300	4.80	Lentil stew	300	4.80	Tart with spinach and polenta	300	4.80													
MAIN DISH WITH CHICKEN	Chicken with potatoes	300	6.00	Oven baked chicken steak with steamed potatoes	300	6.00	Breaded chicken small leg with Mashed potatoes	300	6.00	Oven baked chicken leg with dark beer and wedges potatoes	300	6.00													
MAIN DISH WITH PORK/BEEF/FISH	Fresh pasta Carbonara Style(pork)	300	6.00	Pork Schnitzel with steamed potatoes(pork)	300	6.00	Salmon fillet with Mashed potatoes	300		100% Beef Burger with wedges potatoes	300	6.00													
DESSERT	Seasonal Fruit		1.20	Cheese cake		3.40	Seasonal Fruit		1.20	Éclair with vanilla crème		3.40													

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)