

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



Week 1			WEDNESDAY 01 Nov	THURSDAY 02 Nov	FRIDAY 03 Nov
SALAD			Shopska salad	Colorfull salad	Iceberg and Cherry Tomatoes Salad
VEGETARIAN DISH			Rice Noodles with vegetables	Vegetarian Curry	Potato fritters
MAIN DISH WITH CHICKEN			Chicken leg with peas and carrots	Chicken fillet Pacora with French fries	Chicken Yakitori with basmati rice
MAIN DISH WITH PORK/BEEF/FISH			Oven baked Salmon with garnish	Hot Dog with French fries(pork)	Stuffed Pepper with Freshly Ground beef and rice
DESSERT			Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Week 2	MONDAY 06 Nov	TUESDAY 07 Nov	WEDNESDAY 08 Nov	THURSDAY 09 Nov	FRIDAY 10 Nov
SALAD	Village style Bulgarian salad	Greek salad	Eastern Hummus salad	Tomato & Olives Salad	Salad of tomatoes and roasted pepper
VEGETARIAN DISH	Fresh Pasta with tomato sauce	Steffed peppers with rice	Forest Patatnik	Eggplant Parmesan and tomatoes	Potato Kibbeh
MAIN DISH WITH CHICKEN	Chicken steak Trakia with string bean	Grilled Chicken Fillet with steamed vegetables	Breaded chicken fillet with garlic and home made potatoes	Wrap with chicken	Chicken grilled meatballs with oven baked potatoes
MAIN DISH WITH PORK/BEEF/FISH	Mediterranean Burger with fresh salads (beef and pork)	Pork steak with smoked cheese, onion and steamed vegetables	Trout fillet with home made potatoes	Pork schnitzel of minced meat with carrots and cabbage salad	Adana Kebap with bread and fresh vegetables(beef and lamb)
DESSERT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Week 3	MONDAY 13 Nov	TUESDAY 14 Nov	WEDNESDAY 15 Nov	THURSDAY 16 Nov	FRIDAY 17 Nov
SALAD	Iceberg Salad with Ranch Dressing	Green salad with chicken and blueberries sauce	Caesar salad	Greek style salad with eggplant, cheese and tomatoes	Tomato & Mozzarella Salad
VEGETARIAN DISH	Stuffed zucchini with rice	Bean Stew	Vegetarian Burritos	Spinach Stew with chickpeas	Mish mash
MAIN DISH WITH CHICKEN	Fresh pasta with chicken smoked fillet, dried tomatoes, mozzarella and parmesan	Chicken wings with Broccoli and carrots	Chicken with rice	Chicken Tandoori with black and white rice	Chicken fillet with cornflakes and garnish of oven baked sweet potato
MAIN DISH WITH PORK/BEEF/FISH	Grilled kebabche with potato salad(pork)	Bulgarian Moussaka(pork)	Fish and Chips	Chili Con Carne (beef)	Pork Gyros with tsatsiki
DESSERT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Week 4	MONDAY 20 Nov	TUESDAY 21 Nov	WEDNESDAY 22 Nov	THURSDAY 23 Nov	FRIDAY 24 Nov
SALAD	Traditional green salad	Shopska salad	Coleslaw		
VEGETARIAN DISH	Potato Gratin	Zucchini fritters with Thai sauce	Vegetarian Chili		
MAIN DISH WITH CHICKEN	Marinated Chicken small legs with glazed carrots	Chicken Teriyaki with black/white rice	Chicken Pleskavitsa with sauteed potatoes	HOLIDAY	HOLIDAY
MAIN DISH WITH PORK/BEEF/FISH	Fresh Lasagna Bolognese(beef)	Thai Beef with vegeables and black/white rice	Perch fillet with sauteed potatoes		
DESSERT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
Week 5	MONDAY 27 Nov	TUESDAY 28 Nov	WEDNESDAY 29 Nov	THURSDAY 30 Nov	
SALAD	Crudites	Tomatoes, cucumbers and roasted pepper	Eastern Hummus with crudites	Snowwhite salad	
VEGETARIAN DISH	Vegetarian Risotto with rice Arborio and parmesan	Vegetarian Quesadilla	Lentil stew	Tart with spinach and polenta	
MAIN DISH WITH CHICKEN	Chicken with potatoes	Oven baked chicken steak with steamed potatoes	Breaded chicken small leg with Mashed potatoes	Oven baked chicken leg with dark beer and wedges potatoes	
MAIN DISH WITH PORK/BEEF/FISH	Fresh pasta Carbonara Style(pork)	Pork Schnitzel with steamed potatoes(pork)	Salmon fillet with Mashed potatoes	100% Beef Burger with wedges potatoes	
DESSERT	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)

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