



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



<b>Week 1</b>													<b>FRIDAY 01 Dec</b>		<b>gr/p</b>	<b>BG</b>																
SOUP													Mushrooms soup	200	2.30																	
SALAD													Tomatoes with cheese	100	2.60																	
VEGETARIAN DISH													Stuffed Vegetarian Pancake	250	4.50																	
MAIN DISH WITH CHICKEN													Pizza Margherita		3.50																	
MAIN DISH WITH PORK/BEEF/FISH													Pizza with ham and mozzarella		3.50																	
DESERT/FRUIT													Seasonal Fruit		1.20																	
<b>Week 2</b>													<b>MONDAY 04 Dec</b>		<b>gr/p</b>	<b>BG</b>	<b>TUESDAY 05 Dec</b>		<b>gr/p</b>	<b>BG</b>	<b>WEDNESDAY 06 Dec</b>		<b>gr/p</b>	<b>BG</b>	<b>THURSDAY 07 Dec</b>		<b>gr/p</b>	<b>BG</b>	<b>FRIDAY 08 Dec</b>		<b>gr/p</b>	<b>BG</b>
SOUP													Vegetarian Soup	200	2.30	Chicken soup	200	2.60	Cream soup of zucchini	200	2.30	French Onion soup	200	2.30	Soup with celery, apples and smoked mackerel	200	2.60					
SALAD													Colorful salad	100	2.60	Tomatoes with Mozzarella salad	100	2.60	Chicken Caesar Salad	100	2.60	Greek salad	100	2.60	Green salad with chicken and blueberries	100	2.60					
VEGETARIAN DISH													Spinach Puree with eggs and cheese	250	4.50	Rice noodles with vegetables	250	4.50	Stuffed peppers with three types of cheese and pesto	250	4.50	Roasted pumpkin with black bean and zucchini	250	4.50	Lentil Stew	250	4.50					
MAIN DISH WITH CHICKEN													Fresh Pasta Bolognese (beef)	250	5.50	Crispy Chicken with Oven baked potatoes	250	5.50	Wrap with chicken	250	5.50	Chicken Pakora with home made potatoes	250	5.50	Pizza with mozzarella		3.50					
MAIN DISH WITH PORK/BEEF/FISH													Grilled sausage with Fresh salad (pork)	250	5.50	Stuffed peppers with rice and minced meat (pork)	250	5.50	Fish and Chips	250	5.50	Hot Dog with home made potatoes (pork)	250	5.50	Pizza with ham and mozzarella		3.50					
DESERT/FRUIT													Seasonal Fruit		1.20	Chocolate mousse		3.40	Seasonal Fruit		1.20	Carrot cake		3.40	Seasonal Fruit		1.20					
<b>Week 3</b>													<b>MONDAY 11 Dec</b>		<b>gr/p</b>	<b>BG</b>	<b>TUESDAY 12 Dec</b>		<b>gr/p</b>	<b>BG</b>	<b>WEDNESDAY 13 Dec</b>		<b>gr/p</b>	<b>BG</b>	<b>THURSDAY 14 Dec</b>		<b>gr/p</b>	<b>BG</b>	<b>FRIDAY 15 Dec</b>		<b>gr/p</b>	<b>BG</b>
SOUP													Pumpkin cream soup with red bean and choriso(pork)	200	2.60	Potato cream soup	200	2.30	Tarator	200	2.30	Lentil soup	200	2.30	Boiled beef soup with vegetables	200	2.60					
SALAD													Salad Vitamina(apple, beet, carrots)with honey-lemon sauce	100	2.60	Hummus with crudites	100	2.60	Tomatoes and cucumbers salad with cheese	100	2.60	Shopska salad	100	2.60	Iceberg salad with cherry tomatoes, cucumbers and parmesan	100	2.60					
VEGETARIAN DISH													Fresh Pasta with tomato sauce	250	4.50	Zucchini fritters with Thai sauce	250	4.50	Potato Gratin with goat cheese and rosemary	250	4.50	Quinoa with vegetables	250	4.50	Baked Gnocchi with broccoli and mozzarella	250	4.50					
MAIN DISH WITH CHICKEN													Roasted chicken leg with dark beer and sauteed potatoes	250	5.50	Chicken wings with Home made potatoes	250	5.50	Chicken with cornflakes with steamed vegetables	250	5.50	Stuffed chicken breast with Wedges potatoes	250	5.50	Pizza with mozzarella		3.50					
MAIN DISH WITH PORK/BEEF/FISH													Grilled Kebapche with garnish of sauteed potatoes (pork)	250	5.50	Shepherd's Pie (beef)	250	5.50	Perch fillet with garnish of steamed vegetables	250	5.50	100%Beef Burger with Wedges potatoes	250	5.50	Pizza with ham and mozzarella		3.50					
DESERT/FRUIT													Seasonal Fruit		1.20	Cake with apples and sour cream		3.40	Seasonal Fruit		1.20	Biscuit cake		3.40	Seasonal Fruit		1.20					

**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