



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



Week 1										FRIDAY 01 Dec		gr/p	BG																
SOUP										Mushrooms soup		300	2.60																
SALAD										Tomatoes with cheese		150	2.90																
VEGETARIAN DISH										Stuffed Vegetarian Pancake		300	4.80																
MAIN DISH WITH CHICKEN										Tuscan chicken with steamed vegetables		300	6.00																
MAIN DISH WITH PORK/BEEF/FISH										Grilled pork meatballs with steamed vegetables		300	6.00																
DESERT/FRUIT										Seasonal Fruit			1.20																
Week 2										MONDAY 04 Dec	gr/p	BG	TUESDAY 05 Dec	gr/p	BG	WEDNESDAY 06 Dec	gr/p	BG	THURSDAY 07 Dec	gr/p	BG	FRIDAY 08 Dec	gr/p	BG					
SOUP										Vegetarian Soup		300	2.60	Chicken soup		300	2.90	Cream soup of zucchini		300	2.60	French Onion soup		300	2.60	Soup with celery, apples and smoked mackerel		300	2.90
SALAD										Colorful salad		150	2.90	Tomatoes with Mozzarella salad		150	2.90	Chicken Caesar Salad		150	2.90	Greek salad		150	2.90	Green salad with chicken and blueberries		150	2.90
VEGETARIAN DISH										Spinach Puree with eggs and cheese		300	4.80	Rice noodles with vegetables		300	4.80	Stuffed peppers with three types of cheese and pesto		300	4.80	Roasted pumpkin with black bean and zucchini		300	4.80	Lentil Stew		300	4.80
MAIN DISH WITH CHICKEN										Fresh Pasta Bolognese (beef)		300	6.00	Crispy Chicken with Oven baked potatoes		300	6.00	Wrap with chicken		300	6.00	Chicken Pakora with home made potatoes		300	6.00	Chicken with rice		300	6.00
MAIN DISH WITH PORK/BEEF/FISH										Grilled sausage with Fresh salad (pork)		300	6.00	Stuffed peppers with rice and minced meat (pork)		300	6.00	Fish and Chips		300		Hot Dog with home made potatoes (pork)		300	6.00	Bulgarian Moussaka (pork)		300	6.00
DESERT/FRUIT										Seasonal Fruit			1.20	Chocolate mousse			3.40	Seasonal Fruit			1.20	Carrot cake			3.40	Seasonal Fruit			1.20
Week 3										MONDAY 11 Dec	gr/p	BG	TUESDAY 12 Dec	gr/p	BG	WEDNESDAY 13 Dec	gr/p	BG	THURSDAY 14 Dec	gr/p	BG	FRIDAY 15 Dec	gr/p	BG					
SOUP										Pumpkin cream soup with red bean and choriso(pork)		300	2.90	Potato cream soup		300	2.60	Tarator		300	2.60	Lentil soup		300	2.60	Boiled beef soup with vegetables		300	2.90
SALAD										Salad Vitamina(apple, beet, carrots)with honey-lemon sauce		150	2.90	Hummus with crudites		150	2.90	Tomatoes and cucumbers salad with cheese		150	2.90	Shopska salad		150	2.90	Iceberg salad with cherry tomatoes, cucumbers and parmesan		150	2.90
VEGETARIAN DISH										Fresh Pasta with tomato sauce		300	4.80	Zucchini fritters with Thai sauce		300	4.80	Potato Gratin with goat cheese and rosemary		300	4.80	Quinoa with vegetables		300	4.80	Baked Gnocchi with broccoli and mozzarella		300	4.80
MAIN DISH WITH CHICKEN										Roasted chicken leg with dark beer and sauteed potatoes		300	6.00	Chicken wings with Home made potatoes		300	6.00	Chicken with cornflakes with steamed vegetables		300	6.00	Stuffed chicken breast with Wedges potatoes		300	6.00	Chicken Teriyaki with Ginger and rice noodles		300	6.00
MAIN DISH WITH PORK/BEEF/FISH										Grilled Kebapche with garnish of sauteed potatoes (pork)		300	6.00	Shepherd's Pie (beef)		300	6.00	Perch fillet with garnish of steamed vegetables (fish)		300		100%Beef Burger with Wedges potatoes		300	6.00	Pork Gyros with Wedges potatoes and Tsatsiki		300	6.00
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

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)