



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



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