



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



<b>Week 1</b>												<b>THURSDAY 01 Feb</b>		<b>FRIDAY 02 Feb</b>				
SOUP													Carrots cream soup with ginger	200	2.60	Lamb soup	200	2.90
SALAD													Shopska salad	100	2.90	Fresh tomato salad and olives	100	2.90
VEGETARIAN DISH													Vegetarian Pancake	250	4.90	Vegetarian Tagine with cous cous and chickpeas	250	4.90
MAIN DISH WITH CHICKEN													Chicken Tandoori with basmati rice	250	6.00	Pizza with mozzarella		3.50
MAIN DISH WITH PORK/BEEF/FISH													Beef Irish stew with white basmati rice (pork bacon)	250	6.00	Pizza with mozzarella and ham		3.50
FRUIT/DESSERT													Chocolate mousse		3.70	Seasonal Fruit		1.50
<b>Week 2</b>				<b>MONDAY 05 Feb</b>		<b>TUESDAY 06 Feb</b>		<b>WEDNESDAY 07 Feb</b>		<b>THURSDAY 08 Feb</b>		<b>FRIDAY 09 Feb</b>						
SOUP				Mushrooms soup	200	2.60	Fish soup	200	2.90	Vegetarian Borsch	200	2.60	Bean soup	200	2.60	Pork soup	200	2.90
SALAD				Tomatoes, roasted peppers and cheese salad	100	2.90	Caesar salad with chicken	100	2.90	Eastern Hummus	100	2.90	Cabbage, carrots and olives salad	100	2.90	Arugula, Iceberg, cherry tomatoes	100	2.90
VEGETARIAN DISH				Red lentil with spinach stew	250	4.90	Potato fritters with yogurt sauce	250	4.90	Stuffed peppers with rice	250	4.90	Broccoli Gratin	250	4.90	Zucchini fritters with Thai sauce	250	4.90
MAIN DISH WITH CHICKEN				Chicken with rice	250	6.00	Chicken Wrap	250	6.00	Chicken with cornflakes and potato salad	250	6.00	Chicken Enchiladas	250	6.00	Pizza Margherita		3.50
MAIN DISH WITH PORK/BEEF/FISH				Pasta Bolognese (beef)	250	6.00	Pork with rice	250	6.00	Salmon fillet with potato salad	250	6.00	Schnitzel of minced meat with baked potatoes and carrots with rosemary (pork)	250	6.00	Pizza with ham and mozzarella		3.50
FRUIT/DESSERT				Seasonal Fruit		1.50	Apple pie		3.70	Seasonal Fruit		1.50	Milk with rice		3.70	Seasonal Fruit		1.50
<b>Week 3</b>				<b>MONDAY 12 Feb</b>		<b>TUESDAY 13 Feb</b>		<b>WEDNESDAY 14 Feb</b>		<b>THURSDAY 15 Feb</b>		<b>FRIDAY 16 Feb</b>						
SOUP							Broccoli cream soup with blue cheese	200	2.60	Tomato cream soup with basil	200	2.60	Beef soup	200	2.90	French onion soup	200	2.60
SALAD							Green salad with cucumbers and radishes	100	2.90	Greek salad	100	2.90	Iceberg salad with tomatoes	100	2.90	Tuna salad	100	2.90
VEGETARIAN DISH				<b>PD DAY</b>			Vegetarian Quesadilla	250	4.90	Moussaka with eggplant and bulgur	250	4.90	Vegetarian Curry	250	4.90	Rice Noodles with vegetables	250	4.90
MAIN DISH WITH CHICKEN							Chicken fillet with mashed potatoes	250	6.00	Chicken small legs with French fries	250	6.00	Oven baked Chicken steak with spices and sweet corn	250	6.00	Vegetarian Pizza		3.50
MAIN DISH WITH PORK/BEEF/FISH							Pork wine kebab with mashed potatoes	250	6.00	Fish and Chips	250	6.00	Grilled Kebapche with sweet corn	250	6.00	Pizza with mozzarella and choriso		3.50
FRUIT/DESSERT							Tiramisu		3.70	Seasonal Fruit		1.50	Biscuit cake		3.70	Seasonal Fruit		1.50
<b>Week 4</b>				<b>MONDAY 19 Feb</b>		<b>TUESDAY 20 Feb</b>		<b>WEDNESDAY 21 Feb</b>		<b>THURSDAY 22 Feb</b>		<b>FRIDAY 23 Feb</b>						
SOUP				Cauliflower cream soup with curry and cumin	200	2.60	Potato soup with bacon, rosemary and vegetables	200	2.90	Pumpkin cream soup with coconut milk	200	2.60	Meatballs soup	200	2.90	Lentil soup	200	2.60
SALAD				Tomato, cucumbers and cheese salad	100	2.90	Spinach salad with honey-mustard sauce, cherry tomatoes and cucumbers	100	2.90	Iceberg, carrots, dried tomatoes and avocado	100	2.90	Roasted zucchini, tomatoes and cheese	100	2.90	Tomatoes and cucumbers salad	100	2.90
VEGETARIAN DISH				Vegetarian Chili with sweet potato	250	4.90	Vegetarian Fritters with yogurt sauce	250	4.90	Potato Kibbeh with bulgur and yellow cheese	250	4.90	Bean stew	250	4.90	Frittata with caramelized onion, spinach and potatoes	250	4.90
MAIN DISH WITH CHICKEN				Fresh pasta with chicken, dried tomatoes, parmesan, mozzarella, broccoli and cream	250	6.00	Chicken with potatoes	250	6.00	Chicken Yakitori with brown and black rice	250	6.00	Chicken Meatballs with Wedges potatoes	250	6.00	Pizza with mozzarella	250	3.50
MAIN DISH WITH PORK/BEEF/FISH				Grilled sausage and steamed vegetables(pork and beef)	250	6.00	Pork Gyros with tsatsiki and Home made baked potatoes	250	6.00	Pork Schnitzel with brown and black rice	250	6.00	Hot Dog with Wedges potatoes (Pork)	250	6.00	Pizza with ham and cheese	250	3.50
DESSERT/FRUIT				Seasonal Fruit		1.50	Crème Brulee		3.70	Seasonal Fruit		1.50	Fruits salad with crème Mascarpone		3.70	Seasonal Fruit		1.50
<b>Week 5</b>				<b>MONDAY 26 Feb</b>		<b>TUESDAY 27 Feb</b>		<b>WEDNESDAY 28 Feb</b>		<b>THURSDAY 29 Feb</b>		<b>FRIDAY 01 March</b>						
SOUP				Chicken soup	200	2.90	Vegetarian cream soup	200	2.60	Cream soup with celery, apple, potatoes and smoked fish	200	2.60	Winter vegetables soup with mushrooms	200	2.60	Spinach soup	200	2.60
SALAD				Turnip, carrots, beet and apple salad	100	2.90	Shopska salad	100	2.90	Tomato and cheese salad	100	2.90	Eastern Hummus	100	2.90	Fatush salad	100	2.90
VEGETARIAN DISH				Mushrooms with rice	250	4.90	Potato fritters with mozzarella	250	4.90	Lentil Stew	250	4.90	Oven baked zucchini with tomatoes and rice	250	4.90	Eggplant with tomato sauce	250	4.90
MAIN DISH WITH CHICKEN				Roasted chicken fillet with baked sweet potato	250	6.00	Oven baked chicken leg with dark beer and garnish	250	6.00	Breaded chicken fillet and potato salad	250	6.00	Chicken small legs with BBQ sauce and French fries	250	6.00	Pizza with mozzarella		3.50
MAIN DISH WITH PORK/BEEF/FISH				Fresh Pasta Carbonara Style(pork)	250	6.00	Oven baked rice with sausage	250	6.00	Grilled Sallmon Fillet potato salad	250	6.00	100% Beef Burger with French fries	250	6.00	Meat lover's pizza		3.50
DESSERT/FRUIT				Seasonal Fruit		1.50	Crème Panacotta		3.70	Seasonal Fruit		1.50	Chocolate Souffle		3.70	Seasonal Fruit		1.50

**Menu of the Day**

Note that a Combination of Salad/Soup + Main Course + Fruit/Dessert = 8.90 BGN(without fish meal)

Note that a Combination of Salad + Vegetarian Main Course + Fruit/Dessert = 8.90 BGN