



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



										THURSDAY 01 Feb		gr/p	BG	FRIDAY 02 Feb		gr/p	BG
SOUP												Carrots cream soup with ginger	300	2.90	Lamb soup	300	3.20
SALAD												Shopska salad	150	3.20	Fresh tomato salad and olives	150	3.20
VEGETARIAN DISH												Vegetarian Pancake	300	5.20	Vegetarian Tagine with cous cous and chickpeas	300	5.20
MAIN DISH WITH CHICKEN												Chicken Tandoori with basmati rice	300	6.50	Grilled chicken steak with fresh salads/bean with chutney	300	6.50
MAIN DISH WITH PORK/BEEF/FISH												Beef Irish stew with white basmati rice (pork bacon)	300	6.50	Pork Tacos	300	6.50
FRUIT/DESSERT												Chocolate mousse		3.70	Seasonal Fruit		1.50
Week 2	MONDAY 05 Feb	gr/p	BG	TUESDAY 06 Feb	gr/p	BG	WEDNESDAY 07 Feb	gr/p	BG	THURSDAY 08 Feb	gr/p	BG	FRIDAY 09 Feb	gr/p	BG		
SOUP	Mushrooms soup	300	2.90	Fish soup	300	3.20	Vegetarian Borsch	300	2.90	Bean soup	300	2.90	Pork soup	300	3.20		
SALAD	Tomatoes, roasted peppers and cheese salad	150	3.20	Caesar salad with chicken	150	3.20	Eastern Hummus	150	3.20	Cabbage, carrots and olives salad	150	3.20	Arugula, Iceberg, cherry tomatoes	150	3.20		
VEGETARIAN DISH	Red lentil with spinach stew	300	5.20	Potato fritters with yogurt sauce	300	5.20	Stuffed peppers with rice	300	5.20	Broccoli Gratin	300	5.20	Zucchini fritters with Thai sauce	300	5.20		
MAIN DISH WITH CHICKEN	Chicken with rice	300	6.50	Chicken Wrap	300	6.50	Chicken with cornflakes and potato salad	300	6.50	Chicken Enchiladas	300	6.50	Chicken Teriyaki with basmati rice	300	6.50		
MAIN DISH WITH PORK/BEEF/FISH	Pasta Bolognese (beef)	300	6.50	Pork with rice	300	6.50	Salmon fillet with potato salad	300	6.50	Schnitzel of minced meat with baked potatoes and carrots with rosemary (pork)	300	6.50	Bulgarian Moussaka (pork)	300	6.50		
FRUIT/DESSERT	Seasonal Fruit		1.50	Apple pie		3.70	Seasonal Fruit		1.50	Milk with rice		3.70	Seasonal Fruit		1.50		
Week 3	MONDAY 12 Feb			TUESDAY 13 Feb	gr/p	BG	WEDNESDAY 14 Feb	gr/p	BG	THURSDAY 15 Feb	gr/p	BG	FRIDAY 16 Feb	gr/p	BG		
SOUP				Broccoli cream soup with blue cheese	300	2.90	Tomato cream soup with basil	300	2.90	Beef soup	300	3.20	French onion soup	300	2.90		
SALAD				Green salad with cucumbers and radishes	150	3.20	Greek salad	150	3.20	Iceberg salad with tomatoes	150	3.20	Tuna salad	150	3.20		
VEGETARIAN DISH	PD DAY			Vegetarian Quesadilla	300	5.20	Moussaka with eggplant and bulgur	300	5.20	Vegetarian Curry	300	5.20	Rice Noodles with vegetables	300	5.20		
MAIN DISH WITH CHICKEN				Chicken fillet with mashed potatoes	300	6.50	Chicken small legs with French fries	300	6.50	Oven baked Chicken steak with spices and sweet corn	300	6.50	Chicken wings with caramelized carrots	300	6.50		
MAIN DISH WITH PORK/BEEF/FISH				Pork wine kebab with mashed potatoes	300	6.50	Fish and Chips	300	6.50	Grilled Kebapche with sweet corn	300	6.50	Breaded pork fillet with parmesan and garnish of caramelized carrots	300	6.50		
FRUIT/DESSERT				Tiramisu		3.70	Seasonal Fruit		1.50	Biscuit cake		3.70	Seasonal Fruit		1.50		
Week 4	MONDAY 19 Feb	gr/p	BG	TUESDAY 20 Feb	gr/p	BG	WEDNESDAY 21 Feb	gr/p	BG	THURSDAY 22 Feb	gr/p	BG	FRIDAY 23 Feb	gr/p	BG		
SOUP	Cauliflower cream soup with curry and cumin	300	2.90	Potato soup with bacon, rosemary and vegetables	300	3.20	Pumpkin cream soup with coconut milk	300	2.90	Meatballs soup	300	3.20	Lentil soup	300	2.90		
SALAD	Tomato, cucumbers and cheese salad	150	3.20	Spinach salad with honey-mustard sauce, cherry tomatoes and cucumbers	150	3.20	Iceberg, carrots, dried tomatoes and avocado	150	3.20	Roasted zucchini, tomatoes and cheese	150	3.20	Tomatoes and cucumbers salad	150	3.20		
VEGETARIAN DISH	Vegetarian Chili with sweet potato	300	5.20	Vegetarian Fritters with yogurt sauce	300	5.20	Potato Kibbeh with bulgur and yellow cheese	300	5.20	Bean stew	300	5.20	Frittata with caramelized onion, spinach and potatoes	300	5.20		
MAIN DISH WITH CHICKEN	Fresh pasta with chicken, dried tomatoes, parmesan, mozzarella, broccoli and cream	300	6.50	Chicken with potatoes	300	6.50	Chicken Yakitori with brown and black rice	300	6.50	Chicken Meatballs with Wedges potatoes	300	6.50	Mix Grill (Without pork) with mashed vegetables	300	6.50		
MAIN DISH WITH PORK/BEEF/FISH	Grilled sausage and steamed vegetables(pork and beef)	300	6.50	Pork Gyros with tsatsiki and Home made baked potatoes	300	6.50	Pork Schnitzel with brown and black rice	300	6.50	Hot Dog with Wedges potatoes (Pork)	300	6.50	Stuffed peppers with rice and minced meat(pork)	300	6.50		
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		
Week 5	MONDAY 26 Feb	gr/p	BG	TUESDAY 27 Feb	gr/p	BG	WEDNESDAY 28 Feb	gr/p	BG	THURSDAY 29 Feb	gr/p	BG	FRIDAY 01 March	gr/p	BG		
SOUP	Chicken soup	300	3.20	Vegetarian cream soup	300	2.90	Cream soup with celery, apple, potatoes and smoked fish	300	2.90	Winter vegetables soup with mushrooms	300	2.90	Spinach soup	300	2.90		
SALAD	Turnip, carrots, beet and apple salad	150	3.20	Shopska salad	150	3.20	Tomato and cheese salad	150	3.20	Eastern Hummus	150	3.20	Fatush salad	150	3.20		
VEGETARIAN DISH	Mushrooms with rice	300	5.20	Potato fritters with mozzarella	300	5.20	Lentil Stew	300	5.20	Oven baked zucchini with tomatoes and rice	300	5.20	Eggplant with tomato sauce	300	5.20		
MAIN DISH WITH CHICKEN	Roasted chicken fillet with baked sweet potato	300	6.50	Oven baked chicken leg with dark beer and garnish	300	6.50	Breaded chicken fillet and potato salad	300	6.50	Chicken small legs with BBQ sauce and French fries	300	6.50	Chicken Risotto	300	6.50		
MAIN DISH WITH PORK/BEEF/FISH	Fresh Pasta Carbonara Style(pork)	300	6.50	Oven baked rice with sausage	300	6.50	Grilled Sallmon Fillet potato salad	300	6.50	100% Beef Burger with French fries	300	6.50	Pork meatballs with baked broccoli and teriyaki sauce	300	6.50		
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

Daily a menu of the day is proposed, which is a specific combination of Soup or Salad + Main Course + Fruit = 9.20 BGN (Which is posted daily on the board)