



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



| Week 1 | | | | THURSDAY 01 Feb | FRIDAY 02 Feb |
|-------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------------------------|
| SALAD | | | | Shopska salad | Fresh tomato salad and olives |
| VEGETARIAN DISH | | | | Vegetarian Pancake | Vegetarian Tagine with cous cous and chickpeas |
| MAIN DISH WITH CHICKEN | | | | Chicken Tandoori with basmati rice | Grilled chicken steak with fresh salads/bean with chutney |
| MAIN DISH WITH PORK/BEEF/FISH | | | | Beef Irish stew with white basmati rice (pork bacon) | Pork Tacos |
| FRUIT/DESSERT | | | | Seasonal Fruit | Seasonal Fruit |
| Week 2 | MONDAY 05 Feb | TUESDAY 06 Feb | WEDNESDAY 07 Feb | THURSDAY 08 Feb | FRIDAY 09 Feb |
| SALAD | Tomatoes, roasted peppers and cheese salad | Caesar salad with chicken | Eastern Hummus | Cabbage, carrots and olives salad | Arugula, Iceberg, cherry tomatoes |
| VEGETARIAN DISH | Red lentil with spinach stew | Potato fritters with yogurt sauce | Stuffed peppers with rice | Broccoli Gratin | Zucchini fritters with Thai sauce |
| MAIN DISH WITH CHICKEN | Chicken with rice | Chicken Wrap | Chicken with cornflakes and potato salad | Chicken Enchiladas | Chicken Teriyaki with basmati rice |
| MAIN DISH WITH PORK/BEEF/FISH | Pasta Bolognese (beef) | Pork with rice | Salmon fillet with potato salad | Schnitzel of minced meat with baked potatoes and carrots with rosemary (pork) | Bulgarian Moussaka (pork) |
| FRUIT/DESSERT | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit |
| Week 3 | MONDAY 12 Feb | TUESDAY 13 Feb | WEDNESDAY 14 Feb | THURSDAY 15 Feb | FRIDAY 16 Feb |
| SALAD | | Green salad with cucumbers and radishes | Greek salad | Iceberg salad with tomatoes | Tuna salad |
| VEGETARIAN DISH | | Vegetarian Quesadilla | Moussaka with eggplant and bulgur | Vegetarian Curry | Rice Noodles with vegetables |
| MAIN DISH WITH CHICKEN | PD DAY | Chicken fillet with mashed potatoes | Chicken small legs with French fries | Oven baked Chicken steak with spices and sweet corn | Chicken wings with caramelized carrots |
| MAIN DISH WITH PORK/BEEF/FISH | | Pork wine kebab with mashed potatoes | Fish and Chips | Grilled Kebapche with sweet corn | Breaded pork fillet with parmesan and garnish of caramelized carrots |
| FRUIT/DESSERT | | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit |
| Week 4 | MONDAY 19 Feb | TUESDAY 20 Feb | WEDNESDAY 21 Feb | THURSDAY 22 Feb | FRIDAY 23 Feb |
| SALAD | Tomato, cucumbers and cheese salad | Spinach salad with honey-mustard sauce, cherry tomatoes and cucumbers | Iceberg, carrots, dried tomatoes and avocado | Roasted zucchini, tomatoes and cheese | Tomatoes and cucumbers salad |
| VEGETARIAN DISH | Vegetarian Chili with sweet potato | Vegetarian Fritters with yogurt sauce | Potato Kibbeh with bulgur and yellow cheese | Bean stew | Frittata with caramelized onion, spinach and potatoes |
| MAIN DISH WITH CHICKEN | Fresh pasta with chicken, dried tomatoes, parmesan, mozzarella, broccoli and cream | Chicken with potatoes | Chicken Yakitori with brown and black rice | Chicken Meatballs with Wedges potatoes | Mix Grill (Without pork) with mashed vegetables |
| MAIN DISH WITH PORK/BEEF/FISH | Grilled sausage and steamed vegetables(pork and beef) | Pork Gyros with tsatsiki and Home made baked potatoes | Pork Schnitzel with brown and black rice | Hot Dog with Wedges potatoes (Pork) | Stuffed peppers with rice and minced meat(pork) |
| DESSERT/FRUIT | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit |
| Week 5 | MONDAY 26 Feb | TUESDAY 27 Feb | WEDNESDAY 28 Feb | THURSDAY 29 Feb | FRIDAY 01 March |
| SALAD | Turnip, carrots, beet and apple salad | Shopska salad | Tomato and cheese salad | Eastern Hummus | Fatush salad |
| VEGETARIAN DISH | Mushrooms with rice | Potato fritters with mozzarella | Lentil Stew | Oven baked zucchini with tomatoes and rice | Eggplant with tomato sauce |
| MAIN DISH WITH CHICKEN | Roasted chicken fillet with baked sweet potato | Oven baked chicken leg with dark beer and garnish | Breaded chicken fillet and potato salad | Chicken small legs with BBQ sauce and French fries | Chicken Risotto |
| MAIN DISH WITH PORK/BEEF/FISH | Fresh Pasta Carbonara Style(pork) | Oven baked rice with sausage | Grilled Sallmon Fillet potato salad | 100% Beef Burger with French fries | Pork meatballs with baked broccoli and teriyaki sauce |
| DESSERT/FRUIT | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit |

Menu of the Day

Note that a Combination of Salad + Main Course + Fruit = 8.40 BGN(without fish meal)

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