



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



Week 1	MONDAY 01 April	TUESDAY 02 April	WEDNESDAY 03 April	THURSDAY 04 April	FRIDAY 05 April
SOUP	Pork soup (with milk)	Duck soup	French onion soup	Winter vegetables cream soup with forest mushrooms	Meatballs soup
SALAD	Turnip, beet, carrots and parsnip salad	Traditional Green salad	Caesar salad with chicken fillet	Tomatoes with cheese and cucumbers	Colorful salad
VEGETARIAN DISH	Potato Gratin	Roasted Gnocchi with broccoli	Potato fritters	Red Lentil with spinach masala	Quiche with broccoli and three types of cheese
MAIN DISH WITH CHICKEN	Chicken steak with lemon, yogurt, sumak and garnish of brown rice/Salad	Chicken Wrap	Chicken Curry with black and rice with vegetables	Chicken wings with Arabic rice	Tuscan style chicken fillet with steamed broccoli and baby carrots
MAIN DISH WITH PORK/BEEF/FISH	Spaghetti Bolognese(beef)	Minced meat Schnitzel with mashed potatoes(pork)	African Catfish fillet with garnish	Pork Gyros with tsatsiki and potatoes	Potatoes with bacon, cream cheese and fresh onion(pork)
DESSERT/FRUIT	Seasonal Fruit	Belgian Chocolate mousse	Seasonal Fruit	Biscuit cake	Seasonal Fruit
Week 2	MONDAY 08 April	TUESDAY 09 April	WEDNESDAY 10 April	THURSDAY 11 April	FRIDAY 12 April
SOUP	Tarator	Zucchini cream soup	Potato cream soup	Fish soup	Beef soup
SALAD	Greek salad	Green salad with chicken and blueberry sauce	Eastern Hummus with sticks of vegetables	Iceberg with cherry tomatoes, parmesan and cucumbers	Eggplant with tomatoes and cheese
VEGETARIAN DISH	Nettle with eggs and cheese	Italian Vegetarian Risotto with parmesan	Spinach with rice	Lentil Stew	Rice Noodles with vegetables
MAIN DISH WITH CHICKEN	Fresh pasta with smoked chicken fillet, broccoli, parmesan and mozzarella	Chicken with potatoes	Crispy chicken with cornflakes and French fries	Chicken leg with sauteed potatoes	Oven baked chicken steak with herbs and garnish of steamed vegetables
MAIN DISH WITH PORK/BEEF/FISH	Grilled Kebapche with cabbage and carrots salad/Bean with chutney(pork)	Pork Mix grill with baked potatoes	Fish and Chips	Roasted beef with sauteed potatoes	Pork with rice
DESSERT/FRUIT	Seasonal fruits	Tiramisu with pineapple	Seasonal Fruit	Chocolate Souffle	Seasonal Fruit
Week 3	MONDAY 15 April	TUESDAY 16 April	WEDNESDAY 17 April	THURSDAY 18 April	FRIDAY 19 April
SOUP	Nettle soup	Chicken soup	Tomato cream soup with basil	Bean soup	Lentil soup
SALAD	Caprese salad	Apples and carrots salad with honey sauce	Snow white salad	Tomatoes with feta cheese and cucumbers	Shopska salad
VEGETARIAN DISH	Pasta with tomato sauce	Forest Patatnik	Stuffed peppers with rice	Zucchini fritters with yogurt sauce	Spinach fritters with yogurt sauce
MAIN DISH WITH CHICKEN	Chicken with rice	Oven baked chicken meatballs steamed vegetables	Crispy chicken with garnish of potatoes, carrots and rosemary	Caramelized chicken with Wedges potatoes	Chicken souvlaki with garnish
MAIN DISH WITH PORK/BEEF/FISH	Fresh Pasta Carbonara style(pork)	Grilled sausage with steamed vegetables(pork)	Perch Fillet with baked potatoes, carrots and rosemary	Hot Dog with Wedges potatoes(pork)	Pork Tacos with avocado sauce
DESSERT/FRUIT	Seasonal Fruit	Cherry Pie	Seasonal Fruit	Chocolate Cake	Seasonal Fruit
Week 4	MONDAY 22 April	TUESDAY 23 April	WEDNESDAY 24 April	THURSDAY 25 April	FRIDAY 26 April
SOUP	Vegetarian soup	Califlower soup with cumin	Spinach soup with quinoa, cheese and eggs	Mushrooms soup	Meatballs soup
SALAD	Tomatoes, cucumbers, cheese and roasted peppers	Nicoise salad	Oven baked zucchini with yogurt sauce	Fresh salad with quinoa	Caesar Salad with chicken fillet
VEGETARIAN DISH	Breaded yellow cheese	Frittata with caramelized onion, spinach and potato	Omelet with yellow and white cheese	Vegetarian Chili with sweet potato	Bean Stew
MAIN DISH WITH CHICKEN	Chicken Tandoori with brown rice	Chicken Mix Grill with corn in butter(without pork)	Oven baked chicken small legs with BBQ sauce and mashed potatoes	Grilled chicken leg with lime and French fries	Chicken Teriyaki with steamed rice
MAIN DISH WITH PORK/BEEF/FISH	Lasagna Bolognese(beef)	Stuffed peppers with rice and minced meat	Salmon fillet with mashed potatoes	100% Beef Burger with French fries	Grilled pork steak with garnish
DESSERT/FRUIT	Seasonal Fruit	Milk with rice	Seasonal Fruit	Chocolate Brownie	Seasonal Fruit

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)