



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



<b>Week 1</b>	<b>MONDAY 01 April</b>	<b>TUESDAY 02 April</b>	<b>WEDNESDAY 03 April</b>	<b>THURSDAY 04 April</b>	<b>FRIDAY 05 April</b>
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	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Week 2</b>	<b>MONDAY 08 April</b>	<b>TUESDAY 09 April</b>	<b>WEDNESDAY 10 April</b>	<b>THURSDAY 11 April</b>	<b>FRIDAY 12 April</b>
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 Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Week 3</b>	<b>MONDAY 15 April</b>	<b>TUESDAY 15 April</b>	<b>WEDNESDAY 17 April</b>	<b>THURSDAY 18 April</b>	<b>FRIDAY 19 April</b>
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	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Week 4</b>	<b>MONDAY 22 April</b>	<b>TUESDAY 23 April</b>	<b>WEDNESDAY 24 April</b>	<b>THURSDAY 25 April</b>	<b>FRIDAY 26 April</b>
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	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)**

**Note that a Combination of Salad + Vegetarian Main Course + Fruit = 8.40 BGN**