



SCHOOL MEAL MENU - PREK STUDENTS PREPARED BY LIBERTY FOOD SERVICES

Week 1	MONDAY 26 Aug	TUESDAY 27 Aug	WEDNESDAY 28 Aug	THURSDAY 29 Aug	FRIDAY 30 Aug
SALAD	Greek style salad	Salad Vitamina(apple, beet, carrots)with honey-lemon sauce	Caesar salad with chicken	Cabbage and carrots salad	Bulgarian Shopska salad(tomatoes, cucumbers, onion, cheese, peppers, olives)
VEGETARIAN DISH	Vegetarian Fresh pasta with Tomato sauce	Vegetarian Risotto with rice Arborio and parmesan	Potato Fritters with yogurt sauce	Zucchini with rice	Vegetarian Enchilada
MAIN DISH WITH CHICKEN	Grilled chicken steak with Steamed broccoli	Chicken Satay with Steamed brown rice/Salad	Grilled chicken meatballs with Steamed potatoes/Salad	Chicken wings with Gravy sauce and Mashed potatoes/Salad	Roasted chicken with honey, mustard, garlic and garnish of bamsati rice
MAIN DISH WITH PORK/BEEF/FISH	Grilled sausage with Steamed broccoli/Salad(pork)	Oven baked pork with herbs and Steamed brown rice/Salad	Breaded white fish fillet with Steamed potatoes/Salad	Shepherd's Pie(beef)	Pork with potatoes
DESERT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Week 2	MONDAY 02 Sept	TUESDAY 03 Sept	WEDNESDAY 04 Sept	THURSDAY 05 Sept	FRIDAY 06 Sept
SALAD	Tomato, cucumbers, cheese and olives	Fresh mixed salads	Eastern Hummus with bread	Shepherd's Salad (with pork ham)	
VEGETARIAN DISH	Quinoa with vegetables and hemp seed	Spinach fritters	Roasted vegetables with pesto sauce and parmesan	Mushrooms with rice	
MAIN DISH WITH CHICKEN	Grilled chicken steak with herbs and sauteed potatoes	Oven baked Turkey steak with steamed string bean/Salad	Chicken with rice	Chicken schnitzel with Glazed carrots/Salad	<b>HOLIDAY</b>
MAIN DISH WITH PORK/BEEF/FISH	Pastisio Bolognese(beef)	Roasted Pork with Steamed string bean/Salad	Perch fillet with corn in butter	Bulgarian Moussaka(pork)	
DESERT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	
Week 3	MONDAY 09 Sept	TUESDAY 10 Sept	WEDNESDAY 11 Sept	THURSDAY 12 Sept	FRIDAY 13 Sept
SALAD	Red and white cabbage with carrots	Crudites salad	Tomato and basil salad	Iceberg and Cherry Tomatoes Salad	Cucumbers with tomatoes, dill and fresh cheese
VEGETARIAN DISH	Potato Gratin	Spinach puree with egg and cheese	Vegetarian Quiche	Coral Lentil Stew	Eggplant with tomato sauce
MAIN DISH WITH CHICKEN	Ovenbaked chicken fillet and steamed vegetables/Salad	Oven baked chicken leg with Potatoes	Chicken Shish Kebap with garnish of Mashed potatoes	Chicken Mixed Grill with French fries/Salad(meatball, sausage, loin)	Chicken Rissotto with Arborio and vegetables
MAIN DISH WITH PORK/BEEF/FISH	Fresh Tagliatelle Carbonara style(with bacon)	Pork Minced meat Schnitzel with Oven baked potatoes	Trout fillet with Mashed potatoes	Hot Dog with French fries/Salad	Pork Gyros with tsatsiki and wedges potatoes
DESERT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Week 4	MONDAY 16 Sept	TUESDAY 17 Sept	WEDNESDAY 18 Sept	THURSDAY 19 Sept	FRIDAY 20 Sept
SALAD	Colorful salad	Fresh Spinach salad	Fresh salad with chicken and sauce with blueberries	Green salad with quinoa, broccoli and boiled egg	Fresh salad with tuna
VEGETARIAN DISH	Bean stew	Chickpeas stew with spinach and spices	Vegetarian Fritters with yogurt sauce	Ratatouille with polenta and goat cheese	Baked Gnocchi with broccoli
MAIN DISH WITH CHICKEN	Chicken Wrap	Roasted Chicken small legs with BBQ sauce and garnish home made wedges	Chicken fillet with garnish of Vegetarian Risotto	Chicken with peas and carrots	Grilled chicken sausages with garnish of rice with vegetables
MAIN DISH WITH PORK/BEEF/FISH	Fresh Pasta Bolognese style(beef)	Grilled Kebapche with garnish of home made wedges	Salmon fillet with garnish of Vegetarian Risotto	Stuffed peppers with rice and pork minced meat	Oven baked pork loins with sauce and garnish rice with vegetables
DESERT/FRUIT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Week 5	MONDAY 23 Sept	TUESDAY 24 Sept	WEDNESDAY 25 Sept	THURSDAY 26 Sept	FRIDAY 27 Sept
SALAD		Bulgarian Shopska salad(tomatoes, cucumbers, onion, cheese, peppers, olives)	Hummus with crudites	Tomatoes with arugula, cucumbers, and feta cheese	Fatush salad
VEGETARIAN DISH		Rice Noodles with vegetables	Vegetarian Tagine with cous cous and chickpeas	Breaded yellow cheese	Oven baked potato Hasselback with sauce
MAIN DISH WITH MEAT	<b>HOLIDAY</b>	Oven baked chicken with vegetables(Teppenyaki style)	Grilled Chicken fillet and Chps	Chicken steak Trakia with Wedges potatoes/Salad	Chicken leg with dark beer and black rice with herbs
MAIN DISH WITH MEAT		Bean with sausage(pork)	Fish and Chips	100% Beef Burger with Wedges potatoes/Salad	Roll Stephanie and black rice with herbs(pork)
FRUIT		Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Week 6	MONDAY 30 Sept				
SALAD	Tomatoes with eggplant salad (Greek style)				
VEGETARIAN DISH	Vegetarian Curry with cauliflower				
MAIN DISH WITH MEAT	Fresh Pasta with chicken fillet, broccoli, cream, parmesan and mozzarella				
MAIN DISH WITH MEAT	Oven baked Pork with rice				
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