



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



<b>Week 1</b>	<b>MONDAY 04 Nov</b>	<b>gr/p</b>	<b>BG</b>	<b>TUESDAY 05 Nov</b>	<b>gr/p</b>	<b>BG</b>	<b>WEDNESDAY 06 Nov</b>	<b>gr/p</b>	<b>BG</b>	<b>THURSDAY 07 Nov</b>	<b>gr/p</b>	<b>BG</b>	<b>FRIDAY 08 Nov</b>	<b>gr/p</b>	<b>BG</b>
SOUP	Broccoli cream soup with blue cheese	200	2.60	Meatballs soup (pork)	200	2.90	French onion soup	200	2.60	Chicken soup	200	2.90	Zucchini cream soup	200	2.60
SALAD	Village style Bulgarian salad	100	2.90	Greek salad	100	2.90	Eastern Hummus salad with crudites	100	2.90	Tomato & Olives Salad	100	2.90	Salad of tomatoes and roasted pepper	100	2.90
VEGETARIAN DISH	Rice Noodles with vegetables	250	4.90	Bean Stew	250	4.90	Vegetarian Burritos	250	4.90	Eggplant Parmesan and tomatoes	250	4.90	Potato Kibbeh	250	4.90
MAIN DISH WITH CHICKEN	Chicken steak Trakia with string bean	250	6.00	Grilled Chicken Fillet with steamed vegetables	250	6.00	Breaded chicken fillet with garlic and home made potatoes	250	6.00	Chicken Wrap	250	6.00	Pizza with mozzarella		3.50
MAIN DISH WITH PORK/BEEF/FISH	Fresh Tagliatelli Carbonara Style (pork)	250	6.00	Beef minced meat Schnitzel with steamed vegetables	250	6.00	Oven baked Salmon with home made potatoes (fish)	250		Oven baked pork with rice	250	6.00	Pizza with ham and mozzarella		3.50
DESSERT	Seasonal Fruit		1.50	Tiramisu		3.70	Seasonal Fruit		1.50	Chocolate brownie		3.70	Seasonal Fruit		1.50
<b>Week 2</b>	<b>MONDAY 11 Nov</b>	<b>gr/p</b>	<b>BG</b>	<b>TUESDAY 12 Nov</b>	<b>gr/p</b>	<b>BG</b>	<b>WEDNESDAY 13 Nov</b>	<b>gr/p</b>	<b>BG</b>	<b>THURSDAY 14 Nov</b>	<b>gr/p</b>	<b>BG</b>	<b>FRIDAY 15 Nov</b>	<b>gr/p</b>	<b>BG</b>
SOUP	Potato cream soup	200	2.60	Tarator	200	2.60	Carrots cream soup with smoked cheese	200	2.60	Potato soup with bacon, rosemary and vegetables	200	2.90	Tomato cream soup	200	2.60
SALAD	Iceberg Salad with Ranch Dressing	100	2.90	Green salad with chicken and blueberries sauce	100	2.90	Caesar salad	100	2.90	Greek style salad with eggplant, cheese and tomatoes	100	2.90	Tomato & Mozzarella Salad	100	2.90
VEGETARIAN DISH	Stuffed zucchini with rice	250	4.90	Tart with spinach and polenta	250	4.90	Forest Patatnik	250	4.90	Spinach Stew with chickpeas	250	4.90	Mish mash	250	4.90
MAIN DISH WITH CHICKEN	Fresh pasta with chicken smoked fillet, dried tomatoes, mozzarella and parmesan	250	6.00	Chicken wings with Broccoli and carrots	250	6.00	Breaded chicken small leg with potato salad	250	6.00	Oven baked Turkey steak with Oven baked French fries	250	6.00	Pizza with mozzarella		3.50
MAIN DISH WITH PORK/BEEF/FISH	Grilled kebapche with Baked half potato (pork and beef)	250	6.00	Bulgarian Moussaka with ground beef	250	6.00	Grilled Mackerel fillet with potato salad (fish)	250		Hot Dog with Oven baked French fries (pork)	250	6.00	Pizza with ham and mozzarella		3.50
DESSERT	Seasonal Fruit		1.50	Milk with rice		3.70	Seasonal Fruit		1.50	Pumpkin Crème Brulee		3.70	Seasonal Fruit		1.50
<b>Week 3</b>	<b>MONDAY 18 Nov</b>	<b>gr/p</b>	<b>BG</b>	<b>TUESDAY 19 Nov</b>	<b>gr/p</b>	<b>BG</b>	<b>WEDNESDAY 20 Nov</b>	<b>gr/p</b>	<b>BG</b>	<b>THURSDAY 21 Nov</b>	<b>gr/p</b>	<b>BG</b>	<b>FRIDAY 22 Nov</b>	<b>gr/p</b>	<b>BG</b>
SOUP	Red lentil soup	200	2.60	Chicken cream soup	200	2.90	Pumpkin cream soup with coconut milk	200	2.60	Boiled beef soup	200	2.90	Vegetarian cream soup	200	2.90
SALAD	Traditional green salad	100	2.90	Shopska salad	100	2.90	Coleslaw	100	2.90	Snowwhite salad	100	2.90	Nicoise salad with tuna	100	2.90
VEGETARIAN DISH	Potato Gratin	250	4.90	Zucchini fritters with Thai sauce	250	4.90	Vegetarian Chili with sweet potato	250	4.90	Stuffed peppers with rice	250	4.90	Potato Fritters with beetroot	250	4.90
MAIN DISH WITH CHICKEN	Marinated Chicken small legs with corn in butter	250	6.00	Chicken leg with potatoes	250	6.00	Chicken with rice	250	6.00	Baked chicken steak with vegetables (Teppyaki style)	250	6.00	Pizza with mozzarella		3.50
MAIN DISH WITH PORK/BEEF/FISH	Fresh Pasta Penne Bolognese (beef)	250	6.00	Grilled sausage with bean with chutney (pork and beef)	250	6.00	Perch fillet with sauteed potatoes (fish)	250		100% Beef Burger with wedges potatoes	250	6.00	Pizza with chorizo and mozzarella		3.50
DESSERT	Seasonal Fruit		1.50	Biscuit cake		3.70	Seasonal Fruit		1.50	Éclair with vanilla crème		3.70	Seasonal Fruit		1.50
<b>Week 4</b>	<b>MONDAY 25 Nov</b>	<b>gr/p</b>	<b>BG</b>	<b>TUESDAY 26 Nov</b>	<b>gr/p</b>	<b>BG</b>	<b>WEDNESDAY 27 Nov</b>	<b>gr/p</b>	<b>BG</b>	<b>THURSDAY 28 Nov</b>	<b>gr/p</b>	<b>BG</b>			
SOUP	Soup with beef, caramelized onion and beer	200	2.90	Bean soup	200	2.60	Lentil soup	200	2.60						
SALAD	Crudites	100	2.90	Tomatoes, cucumbers and roasted pepper	100	2.90	Eastern Hummus salad	100	2.90						
VEGETARIAN DISH	Fresh Pasta with tomato sauce	250	4.90	Vegetarian Quesadilla	250	4.90	Lentil stew	250	4.90	<b>HOLIDAY</b>			<b>HOLIDAY</b>		
MAIN DISH WITH CHICKEN	Chicken with potatoes	250	6.00	Oven baked chicken steak with steamed potatoes	250	6.00	Chicken Pleskavitsa with French fries	250	6.00						
MAIN DISH WITH PORK/BEEF/FISH	Oven baked pork with baby carrots	250	6.00	Stuffed peppers with rice and ground beef	250	6.00	Fish and Chips	250							
DESSERT	Seasonal Fruit		1.50	Cheese cake		3.70	Seasonal Fruit		1.50						

**Menu of the Day**

Note that a Combination of Salad/Soup + Main Course + Fruit/Dessert = 8.90 BGN (without fish meal)

Note that a Combination of Salad + Vegetarian Main Course + Fruit/Dessert = 8.90 BGN