



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



Week 1	MONDAY 04 Nov	gr/p	BG	TUESDAY 05 Nov	gr/p	BG	WEDNESDAY 06 Nov	gr/p	BG	THURSDAY 07 Nov	gr/p	BG	FRIDAY 08 Nov	gr/p	BG
SOUP	Broccoli cream soup with blue cheese	300	2.90	Meatballs soup (pork)	300	3.20	French onion soup	300	2.90	Chicken soup	300	3.20	Zucchini cream soup	300	2.90
SALAD	Village style Bulgarian salad	150	3.20	Greek salad	150	3.20	Eastern Hummus salad with crudites	150	3.20	Tomato & Olives Salad	150	3.20	Salad of tomatoes and roasted pepper	150	3.20
VEGETARIAN DISH	Rice Noodles with vegetables	300	5.20	Bean Stew	300	5.20	Vegetarian Burritos	300	5.20	Eggplant Parmesan and tomatoes	300	5.20	Potato Kibbeh	300	5.20
MAIN DISH WITH CHICKEN	Chicken steak Trakia with string bean	300	6.50	Grilled Chicken Fillet with steamed vegetables	300	6.50	Breaded chicken fillet with garlic and home made potatoes	300	6.50	Chicken Wrap	300	6.50	Chicken grilled meatballs with oven baked potatoes	300	6.50
MAIN DISH WITH PORK/BEEF/FISH	Fresh Tagliatelli Carbonara Style (pork)	300	6.50	Beef minced meat Schnitzel with steamed vegetables	300	6.50	Oven baked Salmon with home made potatoes (fish)	300		Oven baked pork with rice	300	6.50	Breaded pork fillet with oven baked potatoes	300	6.50
DESSERT	Seasonal Fruit		1.50	Tiramisu		3.70	Seasonal Fruit		1.50	Chocolate brownie		3.70	Seasonal Fruit		1.50
Week 2	MONDAY 11 Nov	gr/p	BG	TUESDAY 12 Nov	gr/p	BG	WEDNESDAY 13 Nov	gr/p	BG	THURSDAY 14 Nov	gr/p	BG	FRIDAY 15 Nov	gr/p	BG
SOUP	Potato cream soup	300	2.90	Tarator	300	2.90	Carrots cream soup with smoked cheese	300	2.90	Potato soup with bacon, rosemary and vegetables	300	3.20	Tomato cream soup	300	2.90
SALAD	Iceberg Salad with Ranch Dressing	150	3.20	Green salad with chicken and blueberries sauce	150	3.20	Caesar salad	150	3.20	Greek style salad with eggplant, cheese and tomatoes	150	3.20	Tomato & Mozzarella Salad	150	3.20
VEGETARIAN DISH	Stuffed zucchini with rice	300	5.20	Tart with spinach and polenta	300	5.20	Forest Patatnik	300	5.20	Spinach Stew with chickpeas	300	5.20	Mish mash	300	5.20
MAIN DISH WITH CHICKEN	Fresh pasta with chicken smoked fillet, dried tomatoes, mozzarella and parmesan	300	6.50	Chicken wings with Broccoli and carrots	300	6.50	Breaded chicken small leg with potato salad	300	6.50	Oven baked Turkey steak with Oven baked French fries	300	6.50	Chicken fillet with cornflakes and garnish of oven baked potatoes	300	6.50
MAIN DISH WITH PORK/BEEF/FISH	Grilled kebapche with Baked half potato (pork and beef)	300	6.50	Bulgarian Moussaka with ground beef	300	6.50	Grilled Mackerel fillet with potato salad (fish)	300		Hot Dog with Oven baked French fries (pork)	300	6.50	Pork Gyros with tsatsiki	300	6.50
DESSERT	Seasonal Fruit		1.50	Milk with rice		3.70	Seasonal Fruit		1.50	Pumpkin Crème Brulee		3.70	Seasonal Fruit		1.50
Week 3	MONDAY 18 Nov	gr/p	BG	TUESDAY 19 Nov	gr/p	BG	WEDNESDAY 20 Nov	gr/p	BG	THURSDAY 21 Nov	gr/p	BG	FRIDAY 22 Nov	gr/p	BG
SOUP	Red lentil soup	300	2.90	Chicken cream soup	300	3.20	Pumpkin cream soup with coconut milk	300	3.20	Boiled beef soup	300	3.20	Vegetarian cream soup	300	2.90
SALAD	Traditional green salad	150	3.20	Shopska salad	150	3.20	Coleslaw	150	3.20	Snowwhite salad	150	3.20	Nicoise salad with tuna	150	3.20
VEGETARIAN DISH	Potato Gratin	300	5.20	Zucchini fritters with Thai sauce	300	5.20	Vegetarian Chili with sweet potato	300	5.20	Stuffed peppers with rice	300	5.20	Potato Fritters with beetroot	300	5.20
MAIN DISH WITH CHICKEN	Marinated Chicken small legs with corn in butter	300	6.50	Chicken leg with potatoes	300	6.50	Chicken with rice	300	6.50	Baked chicken steak with vegetables (Teppenyaki style)	300	6.50	Mixed chicken grill with oven baked rice	300	6.50
MAIN DISH WITH PORK/BEEF/FISH	Fresh Pasta Penne Bolognese (beef)	300	6.50	Grilled sausage with bean with chutney (pork and beef)	300	6.50	Perch fillet with sauteed potatoes (fish)	300		100% Beef Burger with wedges potatoes	300	6.50	Pork schnitzel of minced meat with oven baked rice	300	6.50
DESSERT	Seasonal Fruit		1.50	Biscuit cake		3.70	Seasonal Fruit		1.50	Éclair with vanilla crème		3.70	Seasonal Fruit		1.50
Week 4	MONDAY 25 Nov	gr/p	BG	TUESDAY 26 Nov	gr/p	BG	WEDNESDAY 27 Nov	gr/p	BG	THURSDAY 28 Nov			FRIDAY 29 Nov		
SOUP	Soup with beef, caramelized onion and beer	300	3.20	Bean soup	300	2.90	Lentil soup	300	2.90						
SALAD	Crudites	150	3.20	Tomatoes, cucumbers and roasted pepper	150	3.20	Eastern Hummus salad	150	3.20						
VEGETARIAN DISH	Fresh Pasta with tomato sauce	300	5.20	Vegetarian Quesadilla	300	5.20	Lentil stew	300	5.20	HOLIDAY			HOLIDAY		
MAIN DISH WITH CHICKEN	Chicken with potatoes	300	6.50	Oven baked chicken steak with steamed potatoes	300	6.50	Chicken Pleskavitsa with French fries	300	6.50						
MAIN DISH WITH PORK/BEEF/FISH	Oven baked pork with baby carrots	300	6.50	Stuffed peppers with rice and ground beef	300	6.50	Fish and Chips	300							
DESSERT	Seasonal Fruit		1.50	Cheese cake		3.70	Seasonal Fruit		1.50						

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)