

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



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