



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



Week 1	MONDAY 02 Dec	gr/p	BG	TUESDAY 03 Dec	gr/p	BG	WEDNESDAY 04 Dec	gr/p	BG	THURSDAY 05 Dec	gr/p	BG	FRIDAY 06 Dec	gr/p	BG
SOUP	Broccoli cream soup with blue cheese	200	2.60	Meatballs soup	200	2.90	Pumpkin cream soup with red bean and choriso(pork)	200	2.60	Mushrooms cream soup with thyme	200	2.60	Fish soup	200	2.90
SALAD	Greek salad	100	2.90	Fresh salad with broccoli, quinoa and boiled egg	100	2.90	Waldorf Salad	100	2.90	Fatush salad	100	2.90	Bavarian Potato salad	100	2.90
VEGETARIAN DISH	Mushrooms with rice	250	4.90	Breaded Cauliflower with yogurt/mustard sauce	250	4.90	Chickpeas curry with pumpkin	250	4.90	Vegetarian Fritters with fresh spices	250	4.90	Frittata with caramelized onion, potatoes and spinach	250	4.90
MAIN DISH WITH CHICKEN	Roasted chicken leg with dark beer and sauteed potatoes	250	6.00	Grilled chicken meatballs with oven baked rice	250	6.00	Crispy chicken with potato salad	250	6.00	Grilled chicken fillet with Green beans	250	6.00	Pizza with Mozzarella		3.50
MAIN DISH WITH PORK/BEEF/FISH	Fresh Pasta Carbonara style(pork)	250	6.00	Bulgarian Moussaka (pork)	250	6.00	Salmon fillet with potato salad	250		Beef Schnitzel with Green beans	250	6.00	Pizza with ham and Mozzarella		3.50
DESERT/FRUIT	Seasonal Fruit		1.50	Chocolate mousse		3.70	Seasonal Fruit		1.50	Carrot cake		3.70	Seasonal Fruit		1.50
Week 2	MONDAY 09 Dec	gr/p	BG	TUESDAY 10 Dec	gr/p	BG	WEDNESDAY 11 Dec	gr/p	BG	THURSDAY 12 Dec	gr/p	BG	FRIDAY 13 Dec	gr/p	BG
SOUP	Vegetarian Soup	200	2.60	Potato cream soup	200	2.60	Tarator	200	2.60	French Onion soup	200	2.60	Boiled beef soup with vegetables	200	2.90
SALAD	Colorful salad	100	2.90	Hummus with crudites	100	2.90	Tomatoes and cucumbers salad with cheese	100	2.90	Shopska salad	100	2.90	Iceberg salad with cherry tomatoes, cucumbers and parmesan	100	2.90
VEGETARIAN DISH	Spinach Puree with eggs and cheese	250	4.90	Quinoa with vegetables	250	4.90	Rice noodles with vegetables	250	4.90	Roasted pumpkin with black bean and zucchini	250	4.90	Baked Gniocchi with broccoli and mozzarella	250	4.90
MAIN DISH WITH CHICKEN	Oven baked chicken steak with Cabbage and carrots salad	250	6.00	Chicken wings with Home made potatoes	250	6.00	Chicken with cornflakes with steamed vegetables	250	6.00	Chicken with peas and carrots	250	6.00	Pizza with Mozzarella		3.50
MAIN DISH WITH PORK/BEEF/FISH	Fresh Lasagna Bolognese (beef)	250	6.00	Grilled kebabche with Home made potatoes (pork)	250	6.00	Trout fillet with garnish of steamed vegetables (fish)	250		Hot Dog with home made potatoes (pork)	250	6.00	Pizza with ham and Mozzarella		3.50
DESERT/FRUIT	Seasonal Fruit		1.50	Cake with apples and sour cream		3.70	Seasonal Fruit		1.50	Chocolate Souffle		3.70	Seasonal Fruit		1.50
Week 3	MONDAY 16 Dec	gr/p	BG	TUESDAY 17 Dec	gr/p	BG	WEDNESDAY 18 Dec	gr/p	BG	THURSDAY 19 Dec	gr/p	BG	FRIDAY 20 Dec	gr/p	BG
SOUP	Pumpkin cream soup with coconut milk	200	2.60	Chicken soup	200	2.90	Cream soup of zucchini	200	2.60	Lentil soup	200	2.60	Soup with celery, apples and smoked mackerel	200	2.90
SALAD	Salad Vitamina(apple, beet, carrots)with honey-lemon sauce	100	2.90	Tomatoes with Mozzarella salad	100	2.90	Chicken Caesar Salad	100	2.90	Tomatoes, cucumbers and cheese	100	2.90	Green salad with chicken and blueberries	100	2.90
VEGETARIAN DISH	Fresh Pasta with tomato sauce	250	4.90	Potato Gratin with goat cheese and rosemary	250	4.90	Stuffed peppers with three types of cheese and pesto	250	4.90	Zucchini fritters with Thai sauce	250	4.90	Lentil Stew	250	4.90
MAIN DISH WITH CHICKEN	Chicken with rice	250	6.00	Oven baked Turkey steak with corn in butter	250	6.00	Chicken mixed grill with French fries	250	6.00	Chicken steak with grilled vegetables (Teppenyaki style)	250	6.00	Pizza with Mozzarella		3.50
MAIN DISH WITH PORK/BEEF/FISH	Grilled sauasge with oven baked rice (pork)	250	6.00	Stuffed peppers with rice and minced meat (pork)	250	6.00	Fish and Chips	250		100% Beef Burger with Wedges potatoes	250	6.00	Pizza with ham and Mozzarella		3.50
DESERT/FRUIT	Seasonal Fruit		1.50	Biscuit cake		3.70	Seasonal Fruit		1.50	Milk with rice		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