



THE ANGLO AMERICAN SCHOOL OF SOFIA
SCHOOL MEAL MENU - MIDDLE SCHOOL AND OLDER 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	300	2.90	Meatballs soup	300	3.20	Pumpkin cream soup with red bean and choriso(pork)	300	2.90	Mushrooms cream soup with thyme	300	2.90	Fish soup	300	3.20
SALAD	Greek salad	150	3.20	Fresh salad with broccoli, quinoa and boiled egg	150	3.20	Waldorf Salad	150	3.20	Fatush salad	150	3.20	Bavarian Potato salad	150	3.20
VEGETARIAN DISH	Mushrooms with rice	300	5.20	Breaded Cauliflower with yogurt/mustard sauce	300	5.20	Chickpeas curry with pumpkin	300	5.20	Vegetarian Fritters with fresh spices	300	5.20	Frittata with caramelized onion, potatoes and spinach	300	5.20
MAIN DISH WITH CHICKEN	Roasted chicken leg with dark beer and sauteed potatoes	300	6.50	Grilled chicken meatballs with oven baked rice	300	6.50	Crispy chicken with potato salad	300	6.50	Grilled chicken fillet with Green beans	300	6.50	Chicken leg with potatoes	300	6.50
MAIN DISH WITH PORK/BEEF/FISH	Fresh Pasta Carbonara style(pork)	300	6.50	Bulgarian Moussaka (pork)	300	6.50	Salmon fillet with potato salad	300	6.50	Beef Schnitzel with Green beans	300	6.50	Shepherd's Pie (beef)	300	6.50
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	300	2.90	Potato cream soup	300	2.90	Tarator	300	2.90	French Onion soup	300	2.90	Boiled beef soup with vegetables	300	3.20
SALAD	Colorful salad	150	3.20	Hummus with crudites	150	3.20	Tomatoes and cucumbers salad with cheese	150	3.20	Shopska salad	150	3.20	Iceberg salad with cherry tomatoes, cucumbers and parmesan	150	3.20
VEGETARIAN DISH	Spinach Puree with eggs and cheese	300	5.20	Quinoa with vegetables	300	5.20	Rice noodles with vegetables	300	5.20	Roasted pumpkin with black bean and zucchini	300	5.20	Baked Gnocchi with broccoli and mozzarella	300	5.20
MAIN DISH WITH CHICKEN	Oven baked chicken steak with Cabbage and carrots salad	300	6.50	Chicken wings with Home made potatoes	300	6.50	Chicken with cornflakes with steamed vegetables	300	6.50	Chicken with peas and carrots	300	6.50	Breaded chicken small legs with home made Wedges potatoes	300	6.50
MAIN DISH WITH PORK/BEEF/FISH	Fresh Lasagna Bolognese (beef)	300	6.50	Grilled kebabche with Home made potatoes (pork)	300	6.50	Trout fillet with garnish of steamed vegetables (fish)	300	6.50	Hot Dog with home made potatoes (pork)	300	6.50	Pork Gyros with home made Wedges potatoes and Tsatsiki	300	6.50
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	300	2.90	Chicken soup	300	3.20	Cream soup of zucchini	300	2.90	Lentil soup	300	2.90	Soup with celery, apples and smoked mackerel	300	3.20
SALAD	Salad Vitamina(apple, beet, carrots)with honey-lemon sauce	150	3.20	Tomatoes with Mozzarella salad	150	3.20	Chicken Caesar Salad	150	3.20	Tomatoes, cucumbers and cheese	150	3.20	Green salad with chicken and blueberries	150	3.20
VEGETARIAN DISH	Fresh Pasta with tomato sauce	300	5.20	Potato Gratin with goat cheese and rosemary	300	5.20	Stuffed peppers with three types of cheese and pesto	300	5.20	Zucchini fritters with Thai sauce	300	5.20	Lentil Stew	300	5.20
MAIN DISH WITH CHICKEN	Chicken with rice	300	6.50	Oven baked Turkey steak with corn in butter	300	6.50	Chicken mixed grill with French fries	300	6.50	Chicken steak with grilled vegetables (Teppenyaki style)	300	6.50	Chicken small legs with BBQ sauce and Mashed potatoes	300	6.50
MAIN DISH WITH PORK/BEEF/FISH	Grilled sausage with oven baked rice (pork)	300	6.50	Stuffed peppers with rice and minced meat (pork)	300	6.50	Fish and Chips	300	6.50	100%Beef Burger with Wedges potatoes	300	6.50	Beef Stew with mashed potatoes	300	6.50
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

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)