



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



<b>Week 1</b>	<b>MONDAY 02 Dec</b>	<b>TUESDAY 03 Dec</b>	<b>WEDNESDAY 04 Dec</b>	<b>THURSDAY 05 Dec</b>	<b>FRIDAY 06 Dec</b>
SALAD	Greek salad	Fresh salad with broccoli, quinoa and boiled egg	Waldorf Salad	Fatush salad	Bavarian Potato salad
VEGETARIAN DISH	Mushrooms with rice	Breaded Cauliflower with yogurt/mustard sauce	Chickpeas curry with pumpkin	Vegetarian Fritters with fresh spices	Frittata with caramelized onion, potatoes and spinach
MAIN DISH WITH CHICKEN	Roasted chicken leg with dark beer and sauteed potatoes	Grilled chicken meatballs with oven baked rice	Crispy chicken with potato salad	Grilled chicken fillet with Green beans	Chicken leg with potatoes
MAIN DISH WITH PORK/BEEF/FISH	Fresh Pasta Carbonara style(pork)	Bulgarian Moussaka (pork)	Salmon fillet with potato salad	Beef Schnitzel with Green beans	Shepherd's Pie (beef)
FRUIT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Week 2</b>	<b>MONDAY 09 Dec</b>	<b>TUESDAY 10 Dec</b>	<b>WEDNESDAY 11 Dec</b>	<b>THURSDAY 12 Dec</b>	<b>FRIDAY 13 Dec</b>
SALAD 1	Colorful salad	Hummus with crudites	Tomatoes and cucumbers salad with cheese	Shopska salad	Iceberg salad with cherry tomatoes, cucumbers and parmesan
VEGETARIAN DISH	Spinach Puree with eggs and cheese	Quinoa with vegetables	Rice noodles with vegetables	Roasted pumpkin with black bean and zucchini	Baked Gnocchi with broccoli and mozzarella
MAIN DISH WITH CHICKEN	Oven baked chicken steak with Cabbage and carrots salad	Chicken wings with Home made potatoes	Chicken with cornflakes with steamed vegetables	Chicken with peas and carrots	Breaded chicken small legs with home made Wedges potatoes
MAIN DISH WITH PORK/BEEF/FISH	Fresh Lasagna Bolognese (beef)	Grilled kebapche with Home made potatoes (pork)	Trout fillet with garnish of steamed vegetables (fish)	Hot Dog with home made potatoes (pork)	Pork Gyros with home made Wedges potatoes and Tsatsiki
FRUIT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Carrot cake	Seasonal Fruit
<b>Week 3</b>	<b>MONDAY 16 Dec</b>	<b>TUESDAY 17 Dec</b>	<b>WEDNESDAY 18 Dec</b>	<b>THURSDAY 19 Dec</b>	<b>FRIDAY 20 Dec</b>
SALAD	Salad Vitamina(apple, beet, carrots)with honey-lemon sauce	Tomatoes with Mozzarella salad	Chicken Caesar Salad	Tomatoes, cucumbers and cheese	Green salad with chicken and blueberries
VEGETARIAN DISH	Fresh Pasta with tomato sauce	Potato Gratin with goat cheese and rosemary	Stuffed peppers with three types of cheese and pesto	Zucchini fritters with Thai sauce	Lentil Stew
MAIN DISH WITH CHICKEN	Chicken with rice	Oven baked Turkey steak with corn in butter	Chicken mixed grill with French fries	Chicken steak with grilled vegetables (Teppenyaki style)	Chicken small legs with BBQ sauce and Mashed potatoes
MAIN DISH WITH PORK/BEEF/FISH	Grilled sausage with oven baked rice (pork)	Stuffed peppers with rice and minced meat (pork)	Fish and Chips	100% Beef Burger with Wedges potatoes	Beef Stew with mashed potatoes
FRUIT	Seasonal Fruit	Seasonal Fruit	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**