



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



<b>Week 1</b>	<b>MONDAY 04 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>	<b>TUESDAY 05 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>	<b>WEDNESDAY 06 May</b>				<b>THURSDAY 07 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>	<b>FRIDAY 08 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>
SOUP	Sweet potato cream soup with coconut milk	200	1.69	3.30	Chicken soup	200	1.84	3.60					Meatballs soup(pork)	200	1.84	3.60	Ezogelin soup(vegetarian)	200	1.69	3.30
SALAD	Crudites salad	100	1.74	3.40	Tomato with cheese salad	100	1.74	3.40					Shopska salad	100	1.74	3.40	Cabbage and carrots salad	100	1.74	3.40
VEGETARIAN DISH	Omelet with yellow and white cheese	250	3.07	6.00	Potato Gratin	250	3.07	6.00					Rice Noodles with vegetables	250	3.07	6.00	Bean Stew	250	3.07	6.00
MAIN DISH WITH CHICKEN	Chicken with rice	250	3.84	7.50	Grilled chicken fillet with baked potatoes	250	3.84	7.50	<b>HOLIDAY</b>				Grilled chicken leg with lime and oven baked half potato	250	3.84	7.50	Pizza with mozzarella	250	2.35	4.60
MAIN DISH WITH PORK/BEEF/FISH	Lasagna Bolognese(beef)	250	3.84	7.50	Bulgarian Moussaka(pork)	250	3.84	7.50					Pork minced meat schnitzel with baked half potatoes	250	3.84	7.50	Pizza with mozzarella and ham	250	2.35	4.60
DESERT/FRUIT	Seasonal Fruit		0.92	1.80	Milk with rice		2.61	5.10					Chocolate Brownie		2.61	5.10	Seasonal Fruit		0.92	1.80
<b>Week 2</b>	<b>MONDAY 11 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>	<b>TUESDAY 12 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>	<b>WEDNESDAY 13 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>	<b>THURSDAY 14 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>	<b>FRIDAY 15 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>
SOUP	Carrots cream soup with ginger	200	1.84	3.60	Vegetarian soup	200	1.84	3.60	Beef Boiled soup	200	1.84	3.60	Cold tomato soup	200	1.69	3.30	Lentil soup	200	1.69	3.30
SALAD	Iceberg with cherry tomato salad	100	1.74	3.40	Fresh spinach salad	100	1.74	3.40	Mix of green salads with tuna	100	1.74	3.40	Iceberg, carrots, dried tomatoes and avocado	100	1.74	3.40	Caprese salad	100	1.74	3.40
VEGETARIAN DISH	Fresh pasta with tomato sauce	250	3.07	6.00	Vegetarian chili with steamed rice	250	3.07	6.00	Carrots fritters with yogurt sauce	250	3.07	6.00	Vegetarian Tagine with cous cous and chickpeas	250	3.07	6.00	Breaded cauliflower with mustard/yogurt sauce	250	3.07	6.00
MAIN DISH WITH CHICKEN	Grilled chicken steak with potato salad	250	3.84	7.50	Turkey steak with steamed rice	250	3.84	7.50	Oven baked small chicken legs and gravy sauce with French fries	250	3.84	7.50	Breaded chicken fillet with brown and black rice	250	3.84	7.50	Chicken wings with String bean	250	3.84	7.50
MAIN DISH WITH PORK/BEEF/FISH	Grilled sausage with potato salad(pork)	250	3.84	7.50	Shepherd's Pie(beef)	250	3.84	7.50	Fish and Chips	250			Roasted Pork with brown and black rice	250	3.84	7.50	Meatballs with tomato sauce (pork)	250	3.84	7.50
DESERT/FRUIT	Seasonal Fruit		0.92	1.80	Biscuit cake		2.61	5.10	Seasonal Fruit		0.92	1.80	Chocolate Souffle		2.61	5.10	Seasonal Fruit		0.92	1.80
<b>Week 3</b>	<b>MONDAY 18 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>	<b>TUESDAY 19 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>	<b>WEDNESDAY 20 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>	<b>THURSDAY 21 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>	<b>FRIDAY 22 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>
SOUP	Potato cream soup	200	1.84	3.60	Tarator soup(cold soup)	200	1.84	3.60	French onion soup	200	1.69	3.30	Mushrooms soup	200	1.69	3.30	Spinach soup	200	1.69	3.30
SALAD	Fresh mixed salads with beet and sprouts	100	1.74	3.40	Nicoise salad	100	1.74	3.40	Shepherd's salad (pork ham)	100	1.74	3.40	Caesar salad with chicken	100	1.74	3.40	Greek salad	100	1.74	3.40
VEGETARIAN DISH	Mushrooms with rice	250	3.07	6.00	Vegetarian Quesadilla	250	3.07	6.00	Red lentil fritters	250	3.07	6.00	Spinach with rice	250	3.07	6.00	Forest Patatnik	250	3.07	6.00
MAIN DISH WITH CHICKEN	Chicken with potatoes	250	3.84	7.50	Chicken Wrap	250	3.84	7.50	Grilled chicken meatballs with steamed potatoes	250	3.84	7.50	Chicken steak with vegetables Teppanyaki style	250	3.84	7.50	Pizza with mozzarella	250	2.35	4.60
MAIN DISH WITH PORK/BEEF/FISH	Fresh pasta Carbonara style with bacon(pork)	250	3.84	7.50	Grilled Kebapche and mashed potatoes (pork)	250	3.84	7.50	Roasted Trout fillet and steamed potatoes	250			Hot dog with home made potatoes (pork/beef)	250	3.84	7.50	Pizza with mozzarella and ham	250	2.35	4.60
DESERT/FRUIT	Seasonal Fruit		0.92	1.80	Sacher cake		2.61	5.10	Seasonal Fruit		0.92	1.80	Cheese cake		2.61	5.10	Seasonal Fruit		0.92	1.80
<b>Week 4</b>	<b>MONDAY 25 May</b>				<b>TUESDAY 26 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>	<b>WEDNESDAY 27 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>	<b>THURSDAY 28 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>	<b>FRIDAY 29 May</b>	<b>gr/p</b>	<b>€</b>	<b>BG</b>
SOUP					Potato soup with bacon and rosemary	200	1.84	3.60	Bean soup	200	1.69	3.30	Soup of celery and apples and smoked fish	200	1.84	3.60	Red peppers cream soup with mascarpone	200	1.69	3.30
SALAD					Tomatoes, cucumbers, roasted peppers, fresh onion and cheese salad	100	1.74	3.40	Eastern Hummus	100	1.74	3.40	Coleslaw salad	100	1.74	3.40	Fresh salad with quinoa	100	1.74	3.40
VEGETARIAN DISH	<b>HOLIDAY</b>				Vegetarian Curry	250	3.07	6.00	Grilled vegetables with black lentil and quinoa	250	3.07	6.00	Vegetarian Enchiladas	250	3.07	6.00	Zucchini fritters with Thai sauce	250	3.07	6.00
MAIN DISH WITH CHICKEN					Chicken mixed grill with glazed carrots	250	3.84	7.50	Chicken with cornflakes and sauteed potatoes	250	3.84	7.50	Caramelized chicken fillet with garlic and Wedges potatoes	250	3.84	7.50	Chicken leg with dark beer and basmati rice	250	3.84	7.50
MAIN DISH WITH PORK/BEEF/FISH					Stuffed peppers with rice and minced meat(pork)	250	3.84	7.50	Salmon fillet with sauteed potatoes	250			100% Beef Burger with Wedges potatoes	250	3.84	7.50	Stuffed peppers with rice and beef minced meat	250	3.84	7.50
DESERT/FRUIT					Apple Pie		2.61	5.10	Seasonal Fruit		0.92	1.80	Chocolate Muffin		2.61	5.10	Seasonal Fruit		0.92	1.80

**Menu of the Day**

Note that a Combination of Salad/Soup + Main Course + Fruit = 5.67Euro(without fish meal)

Note that a Combination of Salad + Vegetarian Main Course + Fruit = 5.67Euro