



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



Week 1	MONDAY 04 May	TUESDAY 05 May	WEDNESDAY 06 May	THURSDAY 07 May	FRIDAY 08 May
SALAD	Crudites salad	Tomato with cheese salad		Shopska salad	Cabbage and carrots salad
VEGETARIAN DISH	Omelet with yellow and white cheese	Vegetarian Tagine with cous cous and chickpeas		Rice Noodles with vegetables	Bean Stew
MAIN DISH WITH CHICKEN	Chicken with rice	Grilled chicken fillet with baked potatoes	HOLIDAY	Grilled chicken leg with lime and oven baked half potato	Breaded small legs with steamed green bean and carrots
MAIN DISH WITH PORK/BEEF/FISH	Lasagna Bolognese(beef)	Bulgarian Moussaka(pork)		Pork minced meat schnitzel with baked half potatoes	Pork Mixed grill with steamed green bean and carrots
DESSERT/FRUIT	Seasonal Fruit	Seasonal Fruit		Seasonal Fruit	Seasonal Fruit
Week 2	MONDAY 11 May	TUESDAY 12 May	WEDNESDAY 13 May	THURSDAY 14 May	FRIDAY 15 May
SALAD	Iceberg with cherry tomato salad	Fresh spinach salad	Mix of green salads with tuna	Iceberg, carrots, dried tomatoes and avocado	Caprese salad
VEGETARIAN DISH	Fresh pasta with tomato sauce	Vegetarian chili with steamed rice	Carrots fritters with yogurt sauce	Potato Gratin	Breaded cauliflower with mustard/yogurt sauce
MAIN DISH WITH CHICKEN	Grilled chicken steak with potato salad	Turkey steak with steamed rice	Oven baked small chicken legs and gravy sauce with French fries	Breaded chicken fillet with brown and black rice	Chicken wings with String bean
MAIN DISH WITH PORK/BEEF/FISH	Grilled sausage with potato salad(pork)	Shepherd`s Pie(beef)	Fish and Chips	Roasted Pork with brown and black rice	Meatballs with tomato sauce (pork)
DESSERT/FRUIT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Week 3	MONDAY 18 May	TUESDAY 19 May	WEDNESDAY 20 May	THURSDAY 21 May	FRIDAY 22 May
SALAD	Fresh mixed salads with beet and sprouts	Nicoise salad	Shepherd`s salad (pork ham)	Caesar salad with chicken	Greek salad
VEGETARIAN DISH	Mushrooms with rice	Vegetarian Quesadilla	Red lentil fritters	Spinach with rice	Forest Patatnik
MAIN DISH WITH CHICKEN	Chicken with potatoes	Chicken Wrap	Grilled chicken meatballs with steamed potatoes	Chicken steak with vegetables Teppanyaki style	Oven baked chicken steak with home made baked potatoes
MAIN DISH WITH PORK/BEEF/FISH	Fresh pasta Carbonara style with bacon(pork)	Grilled Kebapche and mashed potatoes (pork)	Roasted Trout fillet and steamed potatoes	Hot dog with home made potatoes (pork/beef)	Pork Gyros with tsatsiki and Home made baked potatoes
DESSERT/FRUIT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Week 4	MONDAY 25 May	TUESDAY 26 May	WEDNESDAY 27 May	THURSDAY 28 May	FRIDAY 29 May
SALAD		Tomatoes, cucumbers, roasted peppers, fresh onion and cheese salad	Eastern Hummus	Coleslaw salad	Fresh salad with quinoa
VEGETARIAN DISH		Vegetarian Curry	Grilled vegetables with black lentil and quinoa	Vegetarian Enchiladas	Zucchini fritters with Thai sauce
MAIN DISH WITH CHICKEN	HOLIDAY	Chicken mixed grill with glazed carrots	Chicken with cornflakes and sauteed potatoes	Caramelized chicken fillet with garlic and Wedges potatoes	Chicken leg with dark beer and basmati rice
MAIN DISH WITH PORK/BEEF/FISH		Stuffed peppers with rice and minced meat(pork)	Salmon fillet with sauteed potatoes	100% Beef Burger with Wedges potatoes	Stuffed peppers with rice and beef minced meat
DESSERT/FRUIT		Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit

Menu of the Day

Note that a Combination of Salad + Main Course + Fruit = 5.31Euro(without fish meal)

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