



THE ANGLO AMERICAN SCHOOL OF SOFIA  
SCHOOL MEAL MENU - MIDDLE SCHOOL AND OLDER PREPARED BY LIBERTY FOOD SERVICES



	MONDAY 04 May			TUESDAY 05 May			WEDNESDAY 06 May			THURSDAY 07 May			FRIDAY 08 May		
	gr/p	€	BG	gr/p	€	BG				gr/p	€	BG	gr/p	€	BG
SOUP	Sweet potato cream soup with coconut milk			Chicken soup						Meatballs soup(pork)			Ezogelin soup(vegetarian)		
SALAD	Crudites salad			Tomato with cheese salad						Shopska salad			Cabbage and carrots salad		
VEGETARIAN DISH	Omelet with yellow and white cheese			Potato Gratin						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		
DESERT/FRUIT	Seasonal Fruit			Milk with rice						Chocolate Brownie			Seasonal Fruit		
<b>Week 2</b>	<b>MONDAY 11 May</b>			<b>TUESDAY 12 May</b>			<b>WEDNESDAY 13 May</b>			<b>THURSDAY 14 May</b>			<b>FRIDAY 15 May</b>		
SOUP	Carrots cream soup with ginger			Vegetarian soup			Beef Boiled soup			Cold tomato soup			Lentil soup		
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			Vegetarian Tagine with cous cous and chickpeas			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)		
DESERT/FRUIT	Seasonal Fruit			Biscuit cake			Seasonal Fruit			Chocolate Souffle			Seasonal Fruit		
<b>Week 3</b>	<b>MONDAY 18 May</b>			<b>TUESDAY 19 May</b>			<b>WEDNESDAY 20 May</b>			<b>THURSDAY 21 May</b>			<b>FRIDAY 22 May</b>		
SOUP	Potato cream soup			Tarator soup(cold soup)			French onion soup			Mushrooms soup			Spinach soup		
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		
DESERT/FRUIT	Seasonal Fruit			Sacher cake			Seasonal Fruit			Cheese cake			Seasonal Fruit		
<b>Week 4</b>	<b>MONDAY 25 May</b>			<b>TUESDAY 26 May</b>			<b>WEDNESDAY 27 May</b>			<b>THURSDAY 28 May</b>			<b>FRIDAY 29 May</b>		
SOUP				Potato soup with bacon and rosemary			Bean soup			Soup of celery and apples and smoked fish			Red peppers cream soup with mascarpone		
SALAD				Tomatoes, cucumbers, roasted peppers, fresh onion and cheese salad			Eastern Hummus			Coleslaw salad			Fresh salad with quinoa		
VEGETARIAN DISH	HOLIDAY			Vegetarian Curry			Grilled vegetables with black lentil and quinoa			Vegetarian Enchiladas			Zucchini fritters with Thai sauce		
MAIN DISH WITH CHICKEN				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		
DESERT/FRUIT				Apple Pie			Seasonal Fruit			Chocolate Muffin			Seasonal Fruit		

**Menu of the Day**

Daily a menu of the day is proposed, which is a specific combination of Soup or Salad + Main Course + Fruit = 5.83Euro (Which is posted daily on the board)