



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

| Week 1                        |                                              |      |      |                                                                                   |      |      |                                                         |      |      | THURSDAY 01 Oct                                    | gr/p | €    | FRIDAY 02 Oct                                         | gr/p | €    |
|-------------------------------|----------------------------------------------|------|------|-----------------------------------------------------------------------------------|------|------|---------------------------------------------------------|------|------|----------------------------------------------------|------|------|-------------------------------------------------------|------|------|
| SOUP                          |                                              |      |      |                                                                                   |      |      |                                                         |      |      | Red peppers cream soup with mascarpone             | 300  | 1.85 | Lentil soup                                           | 300  | 1.85 |
| SALAD                         |                                              |      |      |                                                                                   |      |      |                                                         |      |      | Greek salad                                        | 150  | 2.20 | Caprese Salad                                         | 150  | 2.20 |
| VEGETARIAN DISH               |                                              |      |      |                                                                                   |      |      |                                                         |      |      | Bean fritters with tomato salsa                    | 300  | 3.50 | Ratatouille                                           | 300  | 3.50 |
| MAIN DISH WITH CHICKEN        |                                              |      |      |                                                                                   |      |      |                                                         |      |      | Chicken with potatoes                              | 300  | 4.30 | Crispy chicken fillet with mashed potatoes            | 300  | 4.30 |
| MAIN DISH WITH PORK/BEEF/FISH |                                              |      |      |                                                                                   |      |      |                                                         |      |      | Stuffed peppers with rice and minced meat(pork)    | 300  | 4.30 | Pork wine kebab with mashed potatoes                  | 300  | 4.30 |
| DESERT/FRUIT                  |                                              |      |      |                                                                                   |      |      |                                                         |      |      | Milk with rice                                     |      | 2.65 | Seasonal fruits                                       |      | 0.92 |
| Week 2                        | MONDAY 05 Oct                                | gr/p | €    | TUESDAY 06 Oct                                                                    | gr/p | €    | WEDNESDAY 07 Oct                                        | gr/p | €    | THURSDAY 08 Oct                                    | gr/p | €    | FRIDAY 09 Oct                                         | gr/p | €    |
| SOUP                          | Meatballs soup                               | 300  | 2.05 | Potato Cream soup                                                                 | 300  | 1.85 | Chicken soup cream soup                                 | 300  | 2.05 | Bean soup                                          | 300  | 1.85 | Beef soup with vegetables                             | 300  | 2.05 |
| SALAD                         | Shopska salad                                | 150  | 2.20 | Eastern Hummus                                                                    | 150  | 2.20 | Iceberg and Cherry Tomatoes Salad                       | 150  | 2.20 | Marinated winter vegetables salad with goat cheese | 150  | 2.20 | Traditional green salad                               | 150  | 2.20 |
| VEGETARIAN DISH               | Fresh pasta with tomato sauce                | 300  | 3.50 | Bean stew                                                                         | 300  | 3.50 | Broccoli Fritters with yogurt sauce                     | 300  | 3.50 | Roasted pumpkin with bean and zucchini             | 300  | 3.50 | Potatoes and zucchini fritters                        | 300  | 3.50 |
| MAIN DISH WITH CHICKEN        | Grilled chicken kebabche with baked rice     | 300  | 4.30 | Chicken wings with gravy sauce and green bean                                     | 300  | 4.30 | Chicken Cornflakes with garnish of sauteed potatoes     | 300  | 4.30 | Chicken meatballs with wedges potatoes             | 300  | 4.30 | Chicken Schnitzel with basmati rice                   | 300  | 4.30 |
| MAIN DISH WITH PORK/BEEF/FISH | Oven baked Pork with rice                    | 300  | 4.30 | Meatballs with tomato sauce(pork)                                                 | 300  | 4.30 | Salmon fillet with garnish of sauteed potatoes          | 300  |      | 100% Beef Burger with wedges potatoes              | 300  | 4.30 | Bulgarian Moussaka (pork&beef)                        | 300  | 4.30 |
| DESERT/FRUIT                  | Seasonal fruits                              |      | 0.92 | Crème Brûlée                                                                      |      | 2.65 | Seasonal fruits                                         |      | 0.92 | Chocolate Souffle                                  |      | 2.65 | Seasonal fruits                                       |      | 0.92 |
| Week 3                        | MONDAY 12 Oct                                | gr/p | €    | TUESDAY 13 Oct                                                                    | gr/p | €    | WEDNESDAY 14 Oct                                        | gr/p | €    | THURSDAY 15 Oct                                    |      |      | FRIDAY 16 Oct                                         |      |      |
| SOUP                          | Chicken soup                                 | 300  | 2.05 | Tomato cream soup with parmesan and basil                                         | 300  | 1.85 | Vegetarian cream soup                                   | 300  | 1.85 |                                                    |      |      |                                                       |      |      |
| SALAD                         | Iceberg, carrots, avocado and dried tomatoes | 150  | 2.20 | Fresh salad with tuna                                                             | 150  | 2.20 | Tomatoes with roasted peppers                           | 150  | 2.20 |                                                    |      |      |                                                       |      |      |
| VEGETARIAN DISH               | Potato Gratin                                | 300  | 3.50 | Stuffed peppers with rice                                                         | 300  | 3.50 | Vegetarian Moussaka                                     | 300  | 3.50 | Parent-Teachers Conferences                        |      |      | Parent-Teachers Conferences                           |      |      |
| MAIN DISH WITH CHICKEN        | Chicken with rice                            | 300  | 4.30 | Chicken small legs with gravy sauce and garnish of carrots, potatoes and broccoli | 300  | 4.30 | Chicken Mixed grill with French fries                   | 300  | 4.30 |                                                    |      |      |                                                       |      |      |
| MAIN DISH WITH PORK/BEEF/FISH | Fresh pasta Bolognese(beef)                  | 300  | 4.30 | Roasted pork with garnish of carrots, potatoes and broccoli                       | 300  | 4.30 | Fish and Chips                                          | 300  |      |                                                    |      |      |                                                       |      |      |
| DESERT/FRUIT                  | Seasonal fruits                              |      | 0.92 | Biscuit cake with mascarpone                                                      |      | 2.65 | Seasonal fruits                                         |      | 0.92 |                                                    |      |      |                                                       |      |      |
| Week 4                        | MONDAY 26 Oct                                | gr/p | €    | TUESDAY 27 Oct                                                                    | gr/p | €    | WEDNESDAY 28 Oct                                        | gr/p | €    | THURSDAY 29 Oct                                    | gr/p | €    | FRIDAY 30 Oct                                         | gr/p | €    |
| SOUP                          | Carrots cream soup                           | 300  | 1.85 | Meatballs soup                                                                    | 300  | 2.05 | Tuscan cream soup with mushrooms and chickpeas          | 300  | 1.85 | Fish soup                                          | 300  | 2.05 | Spinach and zucchini soup                             | 300  | 1.85 |
| SALAD                         | Shopska salad                                | 150  | 2.20 | Eggplant with tomatoes and cheese(greek style)                                    | 150  | 2.20 | Eastern Hummus with crudites                            | 150  | 2.20 | Caesar Salad(with chicken fillet)                  | 150  | 2.20 | Nicoise salad with tuna                               | 150  | 2.20 |
| VEGETARIAN DISH               | Lentil stew                                  | 300  | 3.50 | Mushrooms with rice                                                               | 300  | 3.50 | Italian Vegetarian Risotto with parmesan                | 300  | 3.50 | Omelet with yellow and white cheese                | 300  | 3.50 | Potato fritters                                       | 300  | 3.50 |
| MAIN DISH WITH CHICKEN        | Chicken fillet with steamed broccoli         | 300  | 4.30 | Oven baked Turkey steak with garnish of baked potatoes                            | 300  | 4.30 | Grilled chicken steak and garnish of steamed vegetables | 300  | 4.30 | Chicken Stew with vegetables                       | 300  | 4.30 | Baked chicken leg with dark beer and sauteed potatoes | 300  | 4.30 |
| MAIN DISH WITH PORK/BEEF/FISH | Fresh pasta Carbonara style(pork)            | 300  | 4.30 | Grilled Kebabche with baked potatoes(pork&beef)                                   | 300  | 4.30 | Trout fillet with steamed vegetables                    | 300  |      | Hot Dog with Home made French fries(pork)          | 300  | 4.30 | Stuffed Pepper with Freshly Ground beef and rice      | 300  | 4.30 |
| DESERT/FRUIT                  | Seasonal fruits                              |      | 0.92 | Chocolate Brownie                                                                 |      | 2.65 | Seasonal Fruit                                          |      | 0.92 | Cheese cake with blueberries                       |      | 2.65 | Seasonal Fruit                                        |      | 0.92 |

Menu of the Day

Daily a menu of the day is proposed, which is a specific combination of Soup or Salad + Main Course + Fruit = 6.00€ (Which is posted daily on the board)