



**St. George Preschool**  
**Menu - May 2022**  
**2-3 years old**

| Date       | Breakfast  | Snack                             | Soup   | Main meal   | Dessert                                   | Bread     | Afternoon snack  |
|------------|--|-----------------------------------|--|---|---|-----------|--|
| 03/05/2022 | Roasted sandwich with yellow cheese/ cucumber/tea              | pear                              | Vegetables cream soup/croutons                           | Peas stew with lamb/ <b>Vegetarian moussaka</b>   | Lemon pudding, fruit                      | Dobrudzha | Easter bread roll with jam filling/fruit yoghurt drink/fruit               |
| 04/05/2022 | Cornflakes/milk  | Vegetable sticks with lemon juice | Veal soup/ <b>Tomato soup</b>                            | <b>Farfalle with sour cream, spinach and cheddar</b>  | Banana mousse, fruit                      | Dobrudzha | Pancake with jam filling/100 % Juice/fruit                                 |
| 05/05/2022 | Slice of bread covered with egg patee, olive oil and herbs/tea | banana                            | Zucchini cream soup/croutons                             | Breaded potato balls with fish, maize, Tartar sauce/Greek salad   | Pudding with fruit, fruit                 | Dobrudzha | Muffin/Smoothie/fruit  |
| 09/05/2022 | Cous-cous with butter and cheese/tea                           | apple                             | Carrots cream soup/croutons                              | Shepherd's pie/ <b>Breaded yellow cheese/stewed vegetables</b>  | Eclair with vanilla filling, fruit        | Dobrudzha | Marble cake/yoghurt drink/fruit  |
| 10/05/2022 | Roasted sandwich Quattro formaggi/tea                          | kiwi                              | Gardner's soup   | Chicken stew/ <b>Breaded rice balls with tomato sauce</b>   | Choco mousse, fruit                       | Dobrudzha | Biscuit cake with fig jam/smoothie/fruit                                   |
| 11/05/2022 | Vegetarian: Ciabatta with Philadelphia/ tomato/tea             | pear                              | Mini meat balls/ <b>Tarator</b>                          | <b>Breaded vegetables balls with yoghurt sauce/iceberg salad with cucumbers</b>   | Fruit salad, fruit                        | Dobrudzha | Cake with vanilla filling/smoothie/fruit                                   |
| 12/05/2022 | Banitsa/tea  | Vegetable sticks with lemon juice | Red lentils cream soup/croutons                          | Grilled salmon with garnish of potatoes sautee/Salad of cucumbers and radishes  | Strawberry parfait, fruit                 | Dobrudzha | Pancake with jam filling/fruit milk/fruit                                  |
| 13/05/2022 | Bun with jam filling/cocoa milk                                | banana                            | Soup with milk, eggs and cheese                          | Pizza with tomatoes, chicken fillet, mozzarella, yellow cheese/ <b>Pizza Quattro Formaggi</b>   | Vanilla pudding with fruit, fruit         | Dobrudzha | Slice of bread covered with cream of avocado and soft cheese/ice tea/fruit |
| 16/05/2022 | Macaroni with butter and cheese/tea                            | apple                             | Cream soup of carrots, cauliflower and parmesan/croutons | Veal stew with vegetables/ <b>Baked beans stew</b>  | Cocoa cream, fruit                        | Dobrudzha | Sesame pretzel/100% juice/fruit  |
| 17/05/2022 | Baked doughnuts/tea  | banana                            | Tarator  | Homemade meatballs with garnish of mashed potatoes/ <b>Mish-mash</b>  | Rice pudding, fruit                       | Dobrudzha | French province cake/yoghurt drink/fruit                                   |
| 18/05/2022 | Slice of bread covered with butter and rosehip jam/milk        | Vegetable sticks with lemon juice | Pork soup  | <b>Baked nettles with rice, covered with eggs and yoghurt top</b>   | Yoghurt with biscotti, fruit              | Dobrudzha | Pancake of oats, banana, carob with blueberry filling/100% juice/fruit     |
| 19/05/2022 | Ciabatta with Philadelphia/cucumber/tea                        | blueberries                       | Beans soup   | Breaded white fish/stewed baby potatoes with rosemary/Lettuce salad with cucumbers  | Strawberry ice cream, fruit               | Dobrudzha | Easter bread bun/milk/fruit  |
| 20/05/2022 | Cereals/milk   | banana                            | Potatoes cream soup/croutons                             | Spaghetti Bolognese/ <b>Spaghetti with pesto and parmesan</b>   | Blueberry yoghurt, fruit                  | Dobrudzha | Roasted sandwich with yellow cheese/ice tea/fruit                          |
| 23/05/2022 | Cous-cous with butter and cheese/tea                           | apple                             | Broccoli cream soup/croutons                             | Moussaka of zucchini and minced meat/yoghurt/ <b>Ratatouille</b>  | Malebi, fruit                             | Dobrudzha | Toffee apple pie/milk/fruit  |
| 25/05/2022 | Banitsa/yoghurt drink  | banana                            | Chicken soup with lemon/ <b>Lentils soup</b>             | Chicken fricassee/ <b>Frittata of potatoes and sour cream</b>   | Fruit pudding, fruit                      | Dobrudzha | Biscuit roll/Tea/Fruit   |
| 26/05/2022 | Choco balls/milk   | cherries                          | Minestrone   | Grilled salmon with garnish of penne arabiate/Salad Tricolore   | Ice cream, fruit                          | Dobrudzha | Sandwich with butter/yellow cheese/tomato/tea/fruit                        |
| 27/05/2022 | Slice of bread covered with egg patee /tomato/tea              | blueberries                       | Nettle cream soup/croutons                               | Baked cabbage with pork / <b>Lasagne Quattro formaggi</b>   | Pudding Tiramisu, fruit                   | Dobrudzha | Cheesecake/ice tea/Fruit   |
| 30/05/2022 | Cous-cous with butter and cheese/tea                           | banana                            | Parsley cream soup/croutons                              | Breaded chicken balls with garnish of steamed vegetables/ <b>Eggs with yoghurt and cheese</b>   | Yoghurt with chia and strawberries, fruit | Dobrudzha | Pancake with soft cheese filling /smoothie of yoghurt and fruit/fruit      |
| 31/05/2022 | Sandwich with butter/yellow cheese/tomato/tea                  | cherries                          | Raw soup of cucumbers and avocado                        | Pork wine kebab with garnish of mashed potatoes/salad of Chinese cabbage, radishes and tomatoes/ <b>Stuffed zucchini with rice, tomatoes and mozzarella</b> | Choco cream, fruit                        | Dobrudzha | Blueberry muffins with cottage cheese/ice tea/fruit                        |

The menu has been prepared in accordance with ORDER 2 of 07.03.2013 for the healthy nutrition of children from 0 to 3 years old in kindergartens and children's kitchens. Note: All products on the menu are in accordance with the regulations on specific food safety and quality requirements offered in kindergartens. Namely: bread, pasta and potatoes products are low in fat, salt and sugar. Fruit and vegetables are fresh, preferably frozen and dried, instead of sterilized / they should be low in salt, sugar, fat, synthetic colors, preservatives, etc. / Fruit juices are 100% . Jams and marmalades are over 60% fruit content and less than 50% sugar content. Twice a week we offer milk and yoghurt with a fat content of 2%, the rest days they are with fat content of 3-3,6%. Buttermilk is salt free. Meat and meat product are free of tendons, fat and bones. Minced meat is veal or a mixture of veal 60% and pork 40 %. No skin on chicken meat. Fish is preferable fresh, boneless, low salt eggs. Eggs are fresh, stored under refrigerated conditions. Children are offered Dobrudzha wheat bread. All products used for children's nutrition are consistent with The Bulgarian Institute for Standardization.

Our menu is prepared by food technologist and coordinated with nurse Ertane Numan and nurse Viola Shopova

List of potential food allergens:

- Cereals containing gluten: wheat, rye, barley, oats, spelled (type of wheat), commute (type of durum wheat) or their hybrid varieties, and products thereof
- Crustaceans and products thereof.
- Eggs and products thereof.
- Fish and fishery products.
- Peanuts and their products.
- Soybean and soy products.
- Milk and milk products
- Nuts: almonds, hazelnuts, walnuts, cashews, Brazil nuts, pistachios.
- Celery and products thereof.
- Mustard seed and its products.
- Sesame seeds and products thereof
- Sulfur dioxide and sulphites: with a concentration exceeding 10 mg / kg or 10 mg / liter, expressed as total SO<sub>2</sub>, to be calculated for products offered for consumption or returned to their original state according to the manufacturer's instructions