



St. George Preschool
October 2021
3-6 years old

Date	Breakfast	Snack	Soup	Main meal	Dessert	Bread	Afternoon breakfast
03/10/2022	Cous-cous with butter and cheese/tea	apple	Vegetables cream soup/croutons	Pork with rice/Baked yellow cheese	Malebi pudding, fruit	Wholegrain bread	Roasted sandwich Quattro Fromage/ Tea/fruit
04/10/2022	Cornflakes with milk	grapes	Spinach soup	Shepherd's pie/ Vegetables moussaka/Yoghurt	Rice pudding with sprinkled cinnamon, fruit	Wholegrain bread	Pancake with jam filling/Juice 100%/fruit
05/10/2022	Banitsa with cheese/buttermilk	banana	Veal soup	Stuffed peppers with vegetables and rice/salad of cucumbers and olives	Yoghurt with blueberries, fruit	Wholegrain bread	Brownie/smoothie/fruit
06/10/2022	Ciabatta with Philadelphia, turkey fillet/yellow cheese/tomato/tea	vegetable sticks with lemon juice	Carrots cream soup/croutons	Baked salmon/potatoes sauté/salad of cabbage and beets	Fruit mousse, fruit	Wholegrain bread	Cheesecake/yoghurt drink/fruit
07/10/2022	Slice of bread covered with butter and strawberry jam/tea	plums	Gardner's soup	Pizza with tomatoes, chicken fillet, mozzarella, yellow cheese/ Pizza Margherita	Baked apple, fruit	Wholegrain bread	Cake with fruit/Ice tea/fruit
10/10/2022	Cous-cous with butter and cheese/tea	apple	Tarator	Moussaka with 100% minced meat/ Vegetarian drob sarma/yoghurt	Pudding, fruit	Wholegrain bread	Cake with vanilla filling/milk/fruit
11/10/2022	Cornflakes with milk	pear	Red lentils cream soup/croutons	Grilled chicken fillet with garnish of rice and vegetables /Shopska salad/Shakshuka with onions and peppers	Baked macaroni, fruit	Wholegrain bread	Slice of bread covered with avocado and cheese cream/Ice tea/fruit
12/10/2022	French toast/tea	banana	Chicken soup	Breaded balls of potatoes with yoghurt sauce/salad of tomatoes, chickpeas, roasted peppers, olives	Vanilla pudding with fruit, fruit	Wholegrain bread	Marble cake/Buttermilk, fruit
13/10/2022	Sandwich with butter,pork fillet and mozzarella/tomato/tea	vegetable sticks with lemon juice	Vegetables cream soup/croutons	Breaded white fish/stewed rosemary potatoes/iceberg salad with cherry tomatoes	Cocoa pudding, fruit	Wholegrain bread	Easter bread /juice 100%, fruit
14/10/2022	Banitsa/yoghurt drink	plums	Tomatoes soup	Homemade meat balls/stewed baby carrots/Tzatziki/ Shepherd's stew	Pumpkin pudding, fruit	Wholegrain bread	French province cake/buttermilk/fruit
17/10/2022	Macaroni with cheese and butter/tea	apple	Vegetables soup	Pork with cabbage/ Ratatouille	Pudding	Wholegrain bread	Homemade biscuit roll, Juice 100%, fruit
18/10/2022	Roasted sandwich with cheese and eggs/cucumber/tea	kiwi	Red peppers cream soup/croutons	Turkey with rice/Iceberg salad with cucumbers/ Spinach roll with filling of soft cheese and cheddar cheese	Semolina halva/fruit	Wholegrain bread	Carrots muffin with goji berry/buttermilk/fruit
19/10/2022	Ciabatta with Philadelphia, chicken fillet/cheddar/tomato/cucumber/tea	banana	Veal soup	Breaded yellow cheese/stewed vegetables	Fruit salad, fruit	Wholegrain bread	Cocoa roll/milk/fruit
20/10/2022	Cornflakes with milk	vegetable sticks with lemon juice	Beans soup	Baked salmon/mashed potatoes/salad of apples and carrots	Banana mousse, fruit	Wholegrain bread	Black chocolate cake, spelt, sour cream and blueberries/buttermilk/fruit
21/10/2022	Slice of bread covered with butter and halva/tea	orange	Potatoes cream soup/croutons	Spaghetti Bolognese/ Spaghetti with rucola, cherry tomatoes and parmesan	Panna Cotta	Wholegrain bread	Yellow cheese bun with tomato paste/apple juice 100%/fruit
24/10/2022	Cous-cous with butter and cheese/tea	apple	Broccoli cream soup/croutons	Sliced pork with garnish of rice /Tzatziki/ Eggs with yoghurt	Malebi pudding, fruit	Wholegrain bread	Tarte Tatten/cocoa milk/fruit
25/10/2022	Sandwich with butter, turkey fillet/tomato/tea	kiwi	Lentils soup	Chicken fricasee/ Basmati rice with raisins and vegetables	Strawberry parfait, fruit	Wholegrain bread	Cake with cheese/yoghurt drink, fruit
26/10/2022	Roasted sandwich with minced meat and yellow cheese/cucumber/buttermilk	banana	Soup of mini meat balls	Baked omelette with yellow cheese, stewed vegetables/Salad Tricolore	Fruit salad, fruit	Wholegrain bread	Apple pie with sour cream/Ice tea/fruit
27/10/2022	Banitsa with cheese/buttermilk	vegetable sticks with lemon juice	Carrots cream soup/croutons	Risotto with white fish/iceberg salad with tomatoes	Baked pumpkin with honey topping, fruit	Wholegrain bread	Honey biscuits//apple juice 100%, fruit
28/10/2022	Rhodopean breakfast with tomatoes and savoury/tea	orange	Borsch	Burger with veal meatball, Iceberg salad, tomato, pickles and cheddar cheese/ Burger with breaded potato ball, iceberg salad, tomato, pickles and cheddar cheese	Vanilla puddin, fruit	Wholegrain bread	Muffin/banana smoothie/fruit
31.10.2022	Cous-cous with butter and cheese/tea	Apple	Tarator	Moussaka with 100% minced meat/ Mish-mash	Pumpkin mousse	Wholegrain bread	Slice of bread covered with jam and butter/milk/fruit

The menu has been prepared in accordance with ORDER 6 of 10.08.2011 for the healthy nutrition of children from 3 to 7 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 Dobrudza 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 Viola Shopava

List of potential food allergens:

1. Cereals containing gluten: wheat, rye, barley, oats, spelled (type of wheat), commute (type of durum wheat) or their hybrid varieties, and products thereof

2. Crustaceans and products thereof.

3. Eggs and products thereof.

4. Fish and fishery products.

5. Peanuts and their products.

6. Soybean and soy products.

7. Milk and milk products

8. Nuts: almonds, hazelnuts, walnuts, cashews, Brazil nuts, pistachios.

9. Celery and products thereof.

10. Mustard seed and its products.

11. Sesame seeds and products thereof

12. Sulfur dioxide and sulphites: with a concentration exceeding 10 mg / kg or 10 mg / liter, expressed as total SO 2, to be calculated for products offered for consumption or returned to their original state according to the manufacturer's instructions