

	St. George International School							
Date	Breakfast	10 AM snack	Salad	Soup	Lunch	Dessert	Afternoon snack	
06.02.2023	Couscous with butter and cheese/ Tea	Apple	Potato salad/ Cucumbers and olives salad	Lemon Chicken Soup/ Cream of Pumpkin Soup/ Croutons	Grilled pork steak with a side of broccoli in butter/ Shepherd's pie/ Lean cabbage sarma	Pannacotta	Brownies / Fresh milk / Fruits	
07.02.2023	Cornflakes with fresh milk	Banana	Carrot and apple salad with sunflower seeds/ Shopska salad	Boiled beef/ Garden soup	Stewed Rabbit meat with, garnished with white rice / "Bird's nest" with mashed potatoes / Breaded yellow cheese with glazed baby carrots	Milk mousse	Sandwich with avocado dip/ Fruit juice 100% Fruits	
08.02.2023	Sandwich with butter/ chicken fillet/ cheddar cucumber/ Tea	Vegetable sticks with lemon juice	Cabbage and beetroot salad/ Aranged salad with a slice of cheese	Duck meat soup with vegetables/ Cauliflower soup	Pork goulash/ Meatballs with sautéed potatoes/ Lentil stew	Yogurt cream with chia and strawberries	Cake with dark chocolate, spelled and sour cream/ Fresh milk/ Fruits	
09.02.2023	Hot french sandwich/ Yogurt drink	Tangerine	Iceberg salad with cucumbers and parmesan/ Potato salad	Tomato cream soup	Breaded white fish with grilled vegetables/ Paella with fish and vegetables, garnished with rice	Caramel custard cream	Banana cake / Tea / Fruit	
10.02.2023	Ciabatta with Philadelphia cheese/ pork fillet/ tomato/ Tea Ciabatta with Philadelphia cheese/ tomato/ Fruit	Kiwi	Shopska salad/ Salad of fresh cucumbers and "Tzadziki" sauce	Lamb soup/ Spinach soup	Chili corn carne/ Pizza with tomato sauce, chicken, pickles, mozzarella, cheese/ Pizza Margherita	Fruit Salad	Coconut Roll / Banana Smoothie / Fruit	
13.02.2023	Macaroni with butter and cheese/ Tea	Apple	Mexican salad/ "Caprese" salad with eggs and basil pesto	Boiled pork/ Tarator	Moussaka with 100% minced meat/ Grilled chicken steak with stewed peas in butter/ Shakshuka	Roasted pumpkin	Croissant with marmalade/ Fruit juice 100% Fruits	
14.02.2023	Chocolate balls with fresh milk	Kiwi	Greek salad/ Broccoli and sesame salad	Turkey meat soup/ Cream of potato soup/ croutons	Baked pork shank with mashed potatoes / Rabbit meat stir fry / Pepper burek / yogurt sauce	Panna cotta cream	Muffin with cheese and poppy seeds / Uced tea / Fruit	
15.02.2023	Sandwich with Philadelphia cheese / pork fillet/ cheese/ cucumber/ Tea Sandwich with Filadelfia cheese/ yellow cheese/ cucumber/ Fruit	Banana	Green salad with cucumbers and radishes/ Tomatoes with olives salad	Duck meat soup/ Vegetable soup	Roasted veal meat with baby potatoes/ Viennese schnitzel garnished with stewed green beans/ Potato stew	Caramel custard cream	Cream pita/ Yogurt drink/ Fruits	
16.02.2023	Cheese pie / Yogurt drink	Tangerine	Iceberg salad with cherry tomatoes and parmesan/ Quatak	Bean soup monastery style	Grilled mackerel fillet with mashed potatoes/ Baked salmon with "rizi-bizi"/ Grilled vegetables	Yogurt cream with chia and blueberries	Honey biscuits/ Fresh milk/ Fruits	
17.02.2023	Combined breakfast / butter, cheese, chicken fillet, egg, olives, jam/ Tea	Orange	Shopska salad/ Tricolor salad	Thick beef soup with noodles / Pumpkin cream soup / croutons	Chicken with vegetables / Lasagna Bolognese / Lasagna with spinach, cheese and mozzarella	Cream with fruits	Warm sandwich with butter, turkey fillet and yellow cheese/ fruit juice 100% fruits Warm yellow cheese sandwich	
20.02.2023	Couscous with butter and cheese/ Tea	Apple	Cucumbers and olives salad/ Apples and carrots salad	Boiled pork meat soup / Green Bean Soup	Chicken tenders with cornflakes garnished with broccoli and cauliflower in butter/ Chirpan style meatballs/ Rice with tomatoes	Baked apple	Easter bread/ Fresh milk/ Fruits	
21.02.2023	Warm sandwich with ham, cheese/ cucumber/ Tea Warm sandwich with cheese/ cucumber/ Fruit	Kiwi	Shepherd's salad/ Tsatziki	Rabbit meat soup/ Creamy potato soup/ croutons	Chicken "Julienne" garnish with stewed corn in butter/ Sarmi with 100% minced meat/ yogurt/ Lean stuffed peppers/ yogurt	Milk with semolina cream	"Funnels" cookies with mascarpone cream/ Fruit juice 100% Fruits	
22.02.2023	Cornflakes with fresh milk	Apple	Caprese salad with mozzarella and basil pesto/ Green salad with cucumbers and radishes	Pork meat borscht/ Lentil soup	Kebabs garnished of stewed vegetables in butter / Chicken kebab garnished with mashed potatoes / Spinach roll with cream cheese	Cheesecake with blueberries	Yellow cheese croissant/ Tea/ Fruits	
23.02.2023	Cheese pie / Yogurt drink	Vegetable sticks with lemon juice	Potato salad /Bean salad with lutenitsa	Tomato soup	Tagliatelle with tuna / Grilled trout garnish with rice / Vegetables in butter	Chocolate mousse	Marble cake / Fresh squeezed apple juice / Fruits	
24.02.2023	Combined breakfast / butter, cheese, chicken fillet, egg, olives, jam/ Tea	Tangerine	Roasted red pepper salad with tomatoes/ Eggplant caviar and strained yogurt	Meatballs Soup/ Vegetable cream soup/ croutons	Rabbit meat with cabbage/ Beef burger, Worcestershire sauce, cheddar, cucumber and iceberg/ Burger with vegetable meatball, yogurt sauce, cucumber, cheddar, iceberg	Fruit Salad	Caramel Apple Pie/ Tea/ Fruits	
27.02.2023	Pasta stars with butter and cheese / Tea	Apple	Shopska salad / Broccoli with sesame salad	Lemon Chicken Soup/ Cream of Pumpkin Soup/ Croutons	Veal kebab with mashed potatoes and carrots/ Pork meat with rice caserole/ Mish-mash	Baked macaroni	Freshly baked croissant with butter/ Fresh squeezed apple juice / fruit	
28.02.2023	Chocolate balls with fresh milk	Orange	Argentinian salad/ Green salad with cherry tomato, quinoa, avocado	Pork meat borscht/ Red lentil cream soup	Chicken thighs with gravy sauce, garnished with stewed vegetables in butter/ Moussaka with minced meat 100% yogurt/ Vegetarian casserole	Yogurt cream with chia and blueberries	Roll with marmalade / Fresh milk / Fruit	
<p><i>"Note: All products on the menu are in accordance with the regulations on specific requirements for food safety and quality offered in kindergartens. Namely: bakery, pasta and potato products are low in fat, salt and sugar. Fruits and vegetables are mainly fresh, preferably frozen and dried, over sterilized, in turn, should be low in salt, sugar, fat, synthetic colors, preservatives, etc./. Natural juices are 100%. Jams and marmalades are over 60 % fruit content and less than 15% sugar content Fresh milk and yoghurt have a fat content of 2% and the remaining 3% Yoghurt drink is without added salt Meat and meat products must be free of visible tendons, fats and bones. Minced meat is beef or a mixture of beef and pork in a ratio of 60/40 Poultry is skinless Fish is preferred fresh to frozen, boneless, low in salt Eggs are fresh, stored in the cold conditions, within the shelf life. All products used for children's nutrition are according to BDS."</i></p>								
	Coordinated with LFS Technologist			Prepared by: Nurse Georgieva and Nurse Davidova				