



St. George Preschool
Menu February 2023
3-6 years old

Date	Breakfast	Snack	Soup	Main meal	Bread	Desert	Afternoon breakfast
01.02.2023	Sandwich with Philadelphia and turkey fillet/yellow cheese/tomato/tea	orange	Gardner's soup	Veal tas kebap/ Dobrudzhanian stew	Wholegrain	Yoghurt with chia and blueberries, fruit	Honey biscuits/milk, fruit
02.02.2023	Banitsa/Yoghurt drink	banana	Beans soup	Grilled salmon with garnish of mashed potatoes/Salad of cucumbers and cheese	Wholegrain	Malebi, fruit	Baked cheesecake, 100% Apple juice, fruit
03.02.2023	Muesli with banana and yoghurt	tangerine	Milk soup	Pickled pork with garnish of rice balls/Lettuce salad with radishes and cucumbers/ Eggs with yogurt and cheese	Wholegrain	Vanilla pudding with fruit, fruit	Pancake with chocolate filling/tea, fruit
06.02.2023	Cous-cous with butter and cheese/tea	apple	Pumpkin cream soup/croutons	Shepherd's pie/Salad of tomatoes and cheese/ Cabbage sarma with rice	Wholegrain	Panna Cotta, fruit	Brawnie/milk, fruit
07.02.2023	Cornflakes with milk	banana	Gardner's soup	Nest of minced meat/mashed potatoes/Breaded yellow cheese with glazed baby carrots	Wholegrain	Milk mousse, fruit	Sandwich with cream of avocodo and cheese/Fruit juice 100%, fruit
08.02.2023	Sandwich with butter/chicken fillet/cheddar/cucumber/tea	vegetable sticks with lemon juice	Duck soup with vegetables	Lentils stew/Salad od tomatoes, cucumbers and cheese	Wholegrain	Yoghurt with chia and strawberries, fruit	Cake with dark chocolate, spelts and sour cream/milk, fruit
09.02.2023	French toast/yoghurt drink	tangerine	Tomatoes cream soup/croutons	Paella with fish and vegetables/Iceberg salad with cucumbers	Wholegrain	Toffee pudding, fruit	Banana cake/tea, fruit
10.02.2023	Ciabatta with Philadelphia/pork fillet/tomato/tea Vega: Ciabatta with Philadelphia/tomato	kiwi	Spinach soup	Pizza with tomato sauce, chicken, mozzarella, yellow cheese/ Pizza Margherita	Wholegrain	Fruit salad, fruit	Coconut roll/banana smoothie, fruit
13.02.2023	Cous-cous with butter and cheese/tea	apple	Tarator	Grilled chicken fillet with garnish of stewed peas with butter/Caprese salad with boiled egg, basil pesto/ Shakshuka	Wholegrain	Baked pumpkin, fruit	Bun with jam filling/100% fruit juice, fruit
14.02.2023	Choco balls with milk	kiwi	Potatoes cream soup/croutons	Pork knuckle with garnish of mashed potatoes/ Burek peppers/yoghurt sauce	Wholegrain	Panna Cotta, fruit	Muffin with cheese/Iced tea, fruit
15.02.2023	Sandwich with Philadelphia, pork fillet, yellow cheese/cucumber/tea Vega: Sandwich with Philadelphia, yellow cheese/cucumber	banana	Chicken soup	Potatoes stew/Salad of tomatoes and olives	Wholegrain	Toffee pudding, fruit	Cake with vanilla filling/yoghurt drink, fruit
16.02.2023	Banitsa/Yoghurt drink	tangerine	Beans soup	Grilled salmon with garnish of rice and vegetables/Grilled vegetables	Wholegrain	Yoghurt with chia and blueberries, fruit	Honey biscuits/milk, fruit
17.02.2023	Sandwich with butter and jam/cocoa milk	orange	Pumpkin cream soup/croutons	Lasagne Bolognese/ Lasagne with spinach, yellow cheese and mozzarella	Wholegrain	Pudding, fruit	Roasted sandwich with butter, turkey fillet and yellow cheese/100% fruit juice, fruit
20.02.2023	Cous-cous with butter and cheese/tea	apple	Green beans soup with yoghurt	Meatballs with tomato sauce/Salad of cucumbers and olives/ Rice with tomatoes	Wholegrain	Baked apple, fruit	Easter bread bun/milk, fruit
21.02.2023	Roasted sandwich with ham, yellow cheese/cucumber/tea Vega: Roasted sandwich with yellow cheese/cucumber	kiwi	Potatoes cream soup/croutons	Chicken Julienne with garnish of stewed corn with butter/ Cabbage sarma with rice filling/yoghurt	Wholegrain	Semolina milk, fruit	Homemade biscuit cake with blueberries/100% apple juice, fruit
22.02.2023	Cornflakes/milk	apple	Borsch with pork /Lentils soup	Grilled kebapche with garnish of mashed potatoes/stewed vegetables with butter/ Spinach roll with soft cheese filling	Wholegrain	Cheesecake with blueberries, fruit	Bun with yellow cheese/tea, fruit
23.02.2023	Banitsa/Yoghurt drink	vegetable sticks with lemon juice	Tomatoes soup	Tagliatelle with tuna/ Stewed vegetables with butter	Wholegrain	Chocolate mousse, fruit	Marble cake/Apple juice100%, fruit
24.02.2023	Oats meal with fruit/milk	tangerine	Vegetables cream soup/croutons	Burger with veal, cheddar, Worchester sauce, cucumber, iceberg/ Burger with vegetables , cheddar, Worchester sauce, cucumber, iceberg	Wholegrain	Fruit salad, fruit	Apple pie with toffee/tea, fruit
27.02.2023	Cous-cous with butter and cheese/tea	apple	Pumpkin cream soup/croutons	Pork with rice/ Mish-mash	Wholegrain	Baked macaroni, fruit	Pancake with toffee filling/milk, fruit
28.02.2023	Choco balls with milk	orange	Red lentils cream soup/croutons	Moussaka with 100% minced meat/yoghurt/ Vegetarian stew	Wholegrain	Yoghurt with chia and blueberries, fruit	Roll with jam filling/100% orange juice, 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 Dobruza 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 M.Decheva and V.Shopova

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 / litter, expressed as total SO₂, to be calculated for products offered for consumption or returned to their original state according to the manufacturer's instructions