



St. George Preschool
Menu March
2-3 years old

| date | Breakfast | snack | Soup | Main meal | bread | Dessert | Afternoon breakfast |
|------------|---|--|---|---|------------|--|--|
| 01.03.2024 | Sandwich with cream cheese/ cucumber/ Tea | Tangerine | Potato cream soup/ croutons | Schnitzel of minced meat with a side of steamed potatoes and barbecue sauce/ Salad of chinese cabbage, cherry tomatoes and vinaigrette dressing/ Moussaka of cauliflower, brussels sprout and cheese | Wholegrain | Fruits | Crepes with strawberry jam/ Milk/ Fruits |
| 05.03.2024 | Pasta with butter and white cheese/ Tea | Apple | Nettles cream soup | Chicken with "Alfredo" sauce and pickles/ Shopska salad/ Gnocchi alla sorrentina | Wholegrain | Fruit salad, fruits | Bun with white cheese/ Fruit juice orange 100%/ Fruits |
| 06.03.2024 | Baked doughnut/ Yoghurt drink | Orange | Bavarian soup/ Tarator | Potato and vegetables stew/ Mixed salad | Wholegrain | Yoghurt pudding with chia seeds and blueberries, fruits | Muffins with white cheese and poppy seeds/ Iced tea/ Fruits |
| 07.03.2024 | Slice of bread with egg pate, cucumber/ Tea | Banana | Tomato soup | Fish fingers with herbs and garlic paste/ Salad of tomatoes and white cheese | Wholegrain | Fruit pudding, fruits | Grilled sandwich with yellow cheese/ cucumber/ Iced tea/ Fruits |
| 08.03.2024 | Cornflakes with milk | Kiwi | Soup of spinach | Burger with pulled beef, caramelized onion, barbecue sauce, iceberg and yellow cheese/ Vegetarian burger with caramelized onion, barbecue sauce, yellow cheese, iceberg, rissole of spinach, potatoes and parsley | Wholegrain | Fruits | Croissant with butter/ Apple juice 100%/ Fruits |
| 11.03.2024 | Cous-cous with butter and white cheese/ Tea | Apple | Soup of broccoli | Cordon bleu with a side of grilled vegetables and baked potatoes/ Zucchini with rice and fennel | Wholegrain | Fruit pudding, fruits | Baked cheesecake/ Tea/ Fruits |
| 12.03.2024 | Ciabatta with Philadelphia/ tomato/ Tea/ Fruits | Orange | Tarator | Shepherds' pie/ Salad of carrots, apples and pumpkin seeds/ Vegetarian moussaka | Wholegrain | Fruits | Marbled pound cake/ Yoghurt drink/ Fruits |
| 13.03.2024 | Banitsa with white cheese/ Yoghurt drink | Banana | Rabbit soup with noodles/ Borscht soup | Baked peppers stuffed with white cheese and eggs/ milky sauce/ Green salad, cherry tomatoes, quinoa, avocado, parmesan | Wholegrain | Fruit salad, fruits | Croissant with butter/ Strawberry smoothie/ Fruits |
| 14.03.2024 | Slice of bread with hip marmalade/ Tea | Tangerine | Garden soup | Oven baked salmon with a side of rice and vegetables/ Greek salad | Wholegrain | Yoghurt pudding with chia seeds and blueberries, fruits | Grilled sandwich with eggs and yellow cheese/ cucumber/ Fruits |
| 15.03.2024 | Sandwich with Philadelphia/ cucumber/ Tea | Vegetable sticks dipped in lemon juice | Potato cream soup/ croutons | Pizza with tomatoes, chicken fillet, mozzarella, yellow cheese/ Milky salad with pickles/ Pizza quattro formaggi | Wholegrain | Fruits | Easter bread/ Milk/ Fruits |
| 18.03.2024 | Pasta with butter and white cheese | Apple | Carrot cream soup/ croutons | Beef meatballs with a side of penne and pesto of parmesan and basil/ Risotto with mushrooms | Wholegrain | Biscotti with yoghurt and fruits, fruits | Muffin of carrots and goji berry/ Iced tea/ Fruits |
| 19.03.2024 | Grilled sandwich with white cheese and egg/ Tea | Orange | Soup of parsnip/ croutons | Grilled chicken tenders with a side of steamed corn/ Iceberg salad, arugula, cucumbers and cherry tomatoes/ Vegetarian stew with peas, carrots and potatoes | Wholegrain | Fruits | Apple strudel/ Tea/ Fruits |
| 20.03.2024 | Baked doughnut/ Yoghurt drink | Banana | Soup with meatballs, vegetables and noodles/ Pumpkin cream soup/ croutons | Tagliatelle with broccoli, red peppers, garlic, creamy sauce, parmesan | Wholegrain | Fruit salad, fruits | Buttered sandwich/ yellow cheese/ tomato/ Tea/ Fruits |
| 21.03.2024 | Ciabatta with butter and yellow cheese/ Tea/ Fruits | Tangerine | Soup of beans and vegetables | Grilled salmon with a side of steamed vegetables/ Potato salad with leeks and pickles | Wholegrain | Fruit pudding, fruits | Sandwich with white cheese and avocado pate/ Orange juice 100%/ Fruits |
| 22.03.2024 | Sandwich with butter and halva/ Milk | Vegetable sticks dipped in lemon juice | Thickened soup of nettles | Oven baked pork with rice/ Salad of tomatoes and mozzarella/ Green beans stew with yoghurt | Wholegrain | Yoghurt pudding with chia seeds and strawberries, fruits | Brownie of tapioca flour/ Fruit yoghurt drink/ Fruits |
| 25.03.2024 | Pasta with butter and white cheese/ Tea | Apple | Zucchini cream soup/ croutons | Pork pot/ Breaded yellow cheese with a side of plated vegetables | Wholegrain | Fruits | Grilled sandwich with yellow cheese/ Citronade/ Fruits |
| 26.03.2024 | Baked bun with yellow cheese/ Yoghurt drink | Orange | Borscht soup | Veal stew with sauce and a side of steamed mixed vegetables with butter/ Vegetable rissole with quinoa/ milky sauce | Wholegrain | Fruit salad, fruits | Milk-sweet banitsa/ Orange juice 100%/ Fruits |
| 27.03.2024 | Sandwich with butter, mozzarella/ cucumber/ Tea/ Fruits | Banana | Fish soup with avocado/ Lentils soup | Oven baked cabbage with rice | Wholegrain | Flan, fruits | Grilled french sandwich with tomatoes, cheese, olives and basil/ Tea/ Fruits |
| 28.03.2024 | Cornflakes with milk | Tangerine | Red peppers cream soup with white cheese/ croutons | Trout fillet with a side of mashed potatoes/ Shepherd's salad | Wholegrain | Fruits | Swiss roll with marmalade filling/ Milk / Fruits |
| 29.03.2024 | Banitsa with white cheese/ Tea | Vegetable sticks dipped in lemon juice | Tomato cream soup/ croutons | Spaghetti "Carbonara" / Spaghetti with basil pesto, cherry tomatoes and arugula | Wholegrain | Yoghurt pudding with chia seeds and blueberries, fruits | Grilled mosaic sandwich/ Yoghurt drink |

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 Dobrota 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 St. George Preschool's medical staff

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