



**St. George International School**

Date	Breakfast	10 AM snack	Salad	Soup	Lunch	Dessert	Afternoon snack
08.04.2024 z.	Warm sandwich with cheese and egg / tea	Apple	Green salad with avocado, cucumbers and radishes/ Greek salad	Rabbit meat soup / Tarator	Shepherd's pie /Chicken fillet with cream sauce and mushrooms/ Baked Fresh cabbage with tomatoes casserole	Yogurt with fresh fruit and chia seeds	1.Freshly baked croissant with butter and yellow cheese / Fresh milk with cocoa / Fruit 2. Cornflakes with yogurt / Fruits
09.04.2024 z.	Easter Bread / Fresh milk	Pear	Tomato salad with cheese/ Cauliflower and sesame salad with lemon sauce	Lemon Chicken Soup/ Minestrone Soup	Viennese schnitzel with stewed vegetables in butter/ Rabbit meat stew with a garnish of root vegetables / Pepper burek / yogurt sauce	Fruit sSalad	1. Sandwich with butter and yellow cheese/cucumber/ Fresh squeezed orange juice / Fruits 2. Cornflakes with yogurt / Fruits
10.04.2024 z.	Chabata with Philadelphia Cream Cheese, Turkey Fillet / Cucumber / Tea Chabata with Philadelphia Cream Cheese/ Cucumber / Tea"	Banana	Tabbouleh Salad/ Kopoolu	Turkey meat soup/ Cream of carrot soup/ croutons	Wine kebab garnished with mashed potatoes / Grilled meatballs with a garnish of stewed corn / Bean stew	Cream Caramel custard	1.Brownie / Fresh milk / Fruit 2. Cornflakes with yogurt / Fruits
11.04.2024 z.	Cheese Pie/ Yogurt drink	Vegetable sticks with lemon juice	Salad with Chinese cabbage, apples and "Vinaigrette" sauce/ "Caesar" salad	Tomato soup	Crispy fish fillets with herb garlic paste/ Farfale with tomato sauce, fish and parmesan/ Steamed vegetables	Cocoa cream	1. Muffin / Iced tea / Fruit 2. Cornflakes with yogurt / Fruits
12.04.2024 z.	European breakfast / olives, yellow cheese, butter, jam, pork fillet, egg, bread / Tea	Orange	Tricolor salad / Tomato, olives and pepers salad	Vegetable Soup with Pork meat/ Vegetable Soup	Stewed veal with crispy vegetables / Tagliatelle with tomatoes, chicken fillet, mozzarella, yellow cheese / Tagliateli with four types of cheese and spinach	Fruits	1. Sandwich with a dip of avocado and yellow cheese / iced tea / fruit 2. Cornflakes with yogurt / Fruit
15.04.2024	Macaroni with butter and cheese / Tea	Apple	Hummus / Salad with spinach, quinoa and cherry tomatoes	Chicken soup/ Cream soup of roasted red peppers with cheese/ Croutons	Lamb meat with spinach and rice/ Cordon bleu garnished with grilled vegetables and country-style potatoes/ "Dobrudzha" style stew	Yogurt cream with chia and strawberries	1. Warm sandwich with yellow cheese and ham, cucumber/ tea Warm sandwich with eggs and yellow cheese/ cucumber/fruit 2.Cornflakes with yogurt/Fruit
16.04.2024	Chabata with Philadelphia Cream Cheese, Chicken Fillet / Cucumber / Tea Chabata with Philadelphia Cream Cheese/Tomato / Tea	Pear	Beetroot, cabbage and carrots salad / Beans salad with lutenica	Boiled beef soup / Tarator	Chicken "Julien" garnished with mashed potatoes/ "Tatar" meatballs garnished with stewed peas in butter/ Breaded yelow cheese garnished with stewed vegetables	Fruits	1. Easter muffin / Fresh milk / Fruit 2. Cornflakes with yogurt / Fruit
17.04.2024	Chocolate balls cereal/fresh milk	Tangerine	Green salad with cucumbers and cherry tomatoes/ Quatak	Meat balls Soup / Zucchini cream soup	Roasted pork meat garnished with glazed carrots / Chicken stew / Spring quiche	Fruit sSalad	1. Baked French sandwiches with tomatoes, cheese, olives and basil/ Tea 2. Cornflakes with yogurt/ Fruits
18.04.2024	Baked buns/ Yogurt drink	Banana	Greek salad / Potato salad with leeks and boiled eggs	Lentil soup	Baked salmon garnished with penne arabiate / Grilled vegetables / Grilled mackerel with a garnish of stewed vegetables	Cocoa cream	1. Marble cake / iced tea / fruit 2. Cornflakes with yogurt / Fruit
19.04.2024	Combined breakfast / olives, yellow cheese, butter, jam, pork fillet, egg, bread/ tea	Vegetable sticks with lemon juice	Salad with apples, carrots and sunflower seeds/ Mixed salad	Veal goulash/ Cream soup with melted cheese/ croutons	Pork meat casserole/ Pizza with tomatoes, chicken fillet, yellow cheese and mozzarella/ Pizza Margherita	Fruits	1. Muffin with carrots and goji berries / Yogurt drink/ fruits 2. Cornflakes with yogurt / Fruits
22.04.2024	Couscous with butter and cheese / Tea	Apple	Shepherd's Salad / Lettuce, radishes, cucumbers and eggs	Cream of fish soup/ Tarator	Veal with peas/ Grilled meatballs with a garnish of mashed potatoes / Shakshuka with onions and roasted peppers	Fruit Salad	1. Freshly baked muffin with chocolate / Fresh milk with cocoa / Fruit 2. Cornflakes with yogurt / Fruits
23.04.2024	Baked French sandwiches with tomatoes, cheese, olives and basil / Tea	Pear	Cabbage salad with carrots with dressing / Harvest salad	Lamb meat soup / Zucchini cream soup / Croutons	Chicken leg with cornflakes garnished with stewed vegetables / Baked pork meat stuffed with melted cheese and vegetables garnished with crispy country potatoes / "Panagyurski" style eggs	Yogurt cream with chia and strawberries	1. Baked cheesecake / Tea / Fruit 2. Cornflakes with yogurt / Fruits
24.04.2024	Chabata with egg pate, turkey fillet and tomato / Tea Chabata with egg pate / tomato / Tea	Banana	Cucumber and olive salad/ Rustic salad with roasted peppers and a piece of cheese /	Turkey meat soup noodles/ Spinach soup/ Croutons	Pork meat and cabbage casserole / Chili Con Carne with ground beef, garnished with white rice / Risotto with mushrooms	Fruits	1. Buns with marmalade/ Fresh milk with cocoa/ Fruits 2. Cornflakes with yogurt / Fruits
25.04.2024 z.	Cheese Pie/ Tea	Vegetable sticks with lemon juice	Shopska salad / Salad with broccoli with sesame seeds	Bean soup	Paella with white fish/ Grilled trout with dressing / olive oil, lemon and garlic/ Sautéed vegetables	Cocoa cream	1. Sandwich with butter/turkey fillet/yellow cheese/tomato/tea Sandwich with butter/yellow cheese/tomato/tea/fruit 2.Cornflakes with yogurt/Fruit
26.04.2024 z.	European breakfast / olives, yellow cheese, butter, jam, pork fillet, egg, bread / Tea	Orange	Iceberg salad with cherry tomatoes, fresh onions and Parmesan/ "Caprese" salad	Rabbit meat soup with vegetables/ Cream of Brussels Sprout Soup	Pork meat casserole/ Pulled beef burger, caramelized onions, barbecue sauce, iceberg lettece and yellow cheese/ Vegetarian burger with caramelized onions, barbecue sauce, yellow cheese, iceberg lettece/ Spinach, potatoes and parsley meatballs	Cream caramel custard	1. Roll with marmalade / fresh milk / fruit 2. Cornflakes with yogurt / Fruit
29.04.2024 z.	Chocolate balls cereal/fresh milk	Apple	Spring salad with avocado, cucumbers and basil / Mixed salad	Meatballs Soup/ Cream of nettle soup	Grilled chicken fillets with stewed corn in butter/ Rabbit meat stew with vegetables/ Gnocchi alla sorentina	Fruit Salad	1. Warm sandwich with ham and chees/ Yogurt drink 2. Cornflakes with yogurt/ Fruits
30.04.2024 z.	Baked buns/ Yogurt drink	Orange	Green salad with avocado and cherry tomatoes/ Roasted red pepper salad with tomatoes and cheese and "Vinaigrette" sauce	Creamy red lentil soup/ Tarator	Pork wine kebab with steamed rice/ Moussaka with 100% minced meat/ Vegetarian Moussaka	Biscotti with strained yogurt and fruit	1. Apple strudel/ Tea/ Fruits 2. Cornflakes with yogurt/ Fruits

"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."

Coordinated with LFS Technologist

Prepared by: STG Nurses