



St. George Preschool
Menu April
2-3 years old

date	Breakfast	snack	Soup	Main meal	bread	dessert	Afternoon breakfast
01.04.2024	Slice of bread with rose hip marmalade/ Milk	Apple	Tarator	Crispy cornflake crusted chicken with a side of potato wedges / Cucumber salad/ Vegetarian meatballs of quinoa and sweet potato	Wholegrain	Fruit salad	Savory muffins/ Fruit juice 100 %/ Fruits
02.04.2024	Fruit muesli/ Milk	Pear	Minestrone	Grilled meatballs with a side of steamed peas/ Iceberg salad with cucumbers/ Breaded yellow cheese with a side of steamed broccoli	Wholegrain	Yoghurt pudding with fresh fruits and chia seeds, fruits	Sandwich with butter and mozzarella/ cucumber/ Tea/ Fruits
03.04.2024	Baked doughnuts/ Yoghurt drink	Banana	Soup with turkey meat/ Carrot cream soup/ croutons	Dobrudzhanska stew/ Tzatziki	Wholegrain	Fruits	Crepes with blueberry jam/ Yoghurt drink/ Fruits
04.04.2024	Grilled sandwich with minced meat and yellow cheese/ Tea	Vegetable sticks	Tomato soup	Breaded white fish/ Steamed baby potatoes with rosemary/ Grilled vegetables	Wholegrain	Vanilla pudding with biscuit, fruits	Homemade biscuit roll/ Orange juice 100%/ Fruits
05.04.2024	Sandwich with Philadelphia/ tomato/ Tea	Orange	Vegetable soup	Pork meat and vegetables stew/ Zucchini au gratin	Wholegrain	Fruits	Carrot muffins with goji berries/ Carrot muffins with goji berries/ Yoghurt drink/ Fruits
08.04.2024	Grilled sandwich with cheese and egg/ Tea	Apple	Tarator	Shepherds pie/ Greek salad/ Oven baked cabbage with tomatoes	Wholegrain	Yoghurt pudding with fresh fruits and chia seeds, fruits	Baked croissant with butter and yellow cheese/ Milk/ Fruits
09.04.2024	Easter bread/ Milk	Pear	Minestrone	Rabbit stew with a side of root vegetables/ Baked peppers stuffed with eggs and white cheese/ yoghurt sauce	Wholegrain	Fruit salad	Sandwich with butter and yellow cheese/ cucumber/ Fruit juice 100% orange/ Fruits
10.04.2024	Sandwich with Philadelphia/ cucumber/ Tea	Banana	Soup with turkey meat/ Carrot cream soup/ croutons	Beans stew	Wholegrain	Flan, fruits	Pound cake with tapioca flour/ Milk/ Fruits
11.04.2024	Banitsa/ Yoghurt drink	Vegetable sticks	Tomato soup	Crispy fish fillets with herb and garlic paste/ Steamed vegetables	Wholegrain	Vanilla pudding, fruits	Muffin / Iced tea/ Fruits
12.04.2024	Sandwich with egg paste, white cheese and avocado/ Tea	Orange	Vegetable soup	Tagliatelle with tomatoes, chicken fillet, mozzarella, yellow cheese/ Tagliatelle quattro formaggi and spinach	Wholegrain	Fruits	Sandwich with avocado and white cheese dip/ Iced tea/ Fruits
15.04.2024	Macaroni with butter and white cheese/ Tea	Apple	Roasted red peppers cream soup with white cheese/ croutons	Lamb with rice and spinach/ yoghurt/ Dobrudzhanska stew	Wholegrain	Yoghurt pudding with fresh fruits and chia seeds, fruits	Carrot muffins with goji berries/ Yoghurt drink/ Fruits
16.04.2024	Ciabatta with Philadelphia/ tomato/ Tea	Pear	Tarator	Tatar meatball with a side of steamed peas in butter/ mashed potatoes/ Breaded yellow cheese with a side of steamed vegetables	Wholegrain	Fruits	Easter bread croissant/ Milk/ Fruits
17.04.2024	Mini pancakes/ Milk	Tangerine	Vegetable soup with meatballs/ Zucchini cream soup	Vegetarian quiche / Green salad with cucumbers and cherry tomatoes	Wholegrain	Fruit salad	Grilled french toast with tomatoes, white cheese, olives and basil/ Tea
18.04.2024	Baked doughnuts/ Yoghurt drink	Banana	Lentils soup	Baked salmon with a side of penne arrabiata/ Grilled vegetables	Wholegrain	Lemon pudding, fruits	Marble pound cake/ Iced tea/ Fruits
19.04.2024	Grilled sandwich with yellow cheese/ Tea	Vegetable sticks	Cream soup with cream cheese/ croutons	Pizza with tomatoes, chicken fillet, yellow cheese and mozzarella/ Pizza "Margherita"	Wholegrain	Fruits	Grilled sandwich with eggs and yellow cheese/ cucumber/ Fruits
22.04.2024	Cous cous with butter and white cheese/ Tea	Apple	Tarator	Stew of veal meat and peas/ Shakshuka with onions and roasted peppers	Wholegrain	Fruit salad	Baked croissant with butter/ Milk/ Fruits
23.04.2024	Grilled french toast with tomatoes, white cheese, olives and basil/ Tea	Pear	Zucchini cream soup/ croutons	Cornflakes coated chicken drumsticks with a side of mashed potatoes/ Salad of cabbage, ham, corn and yoghurt sauce/ Poached eggs with yoghurt sauce	Wholegrain	Yoghurt pudding with chia seeds and strawberries, fruits	Baked cheesecake/ Tea/ Fruits
24.04.2024	Ciabatta with egg paste/ tomato/ Tea	Banana	Turkey soup with noodles/ Milky spinach soup	Mushroom risotto/ Salad of cucumbers and white cheese	Wholegrain	Fruits	Croissant with marmalade filling/ Milk/ Fruits
25.04.2024	Banitsa / Tea	Vegetable sticks	Beans soup	Paella with white fish/ Shopska salad	Wholegrain	Vanilla pudding, fruits	Sandwich with butter/ yellow cheese/ tomato/ Tea/ Fruits
26.04.2024	Fruit muesli with yoghurt	Orange	Brussels sprout cream soup	Burger with pulled beef, caramelised onion, barbecue sauce, iceberg and yellow cheese/ Vegetarian burger with caramelised onion, barbecue sauce, yellow cheese, iceberg, vegetarian meatball of spinach and parsley	Wholegrain	Flan, fruits	Sweet roll with marmalade filling/ Milk / Fruits
29.04.2024	Mini pancakes/ Milk	Apple	Nettles cream soup	Rabbit stew with vegetables/ Gnocchi alla sorrentina	Wholegrain	Fruit salad	Grilled mosaic sandwich/ Yoghurt drink/ Fruits
30.04.2024	Baked doughnuts / Yoghurt drink	Orange	Tarator	Pork kebab with steamed rice/ Green salad with avocado and cherry tomatoes/ Vegetarian moussaka	Wholegrain	Biscotti with yoghurt and fruits, fruits	Apple strudel/ Tea/ Fruits

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%. Butter/milk 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 St. George Preschool's medical staff

List of potential food allergens:

- Cereals containing gluten: wheat, rye, barley, oats, spelled (type of wheat), commute (type of durum wheat) or their hybrid varieties, and products thereof
- Crustaceans and products thereof.
- Eggs and products thereof.
- Fish and fishery products.
- Peanuts and their products.
- Soybean and soy products.
- Milk and milk products
- Nuts: almonds, hazelnuts, walnuts, cashews, Brazil nuts, pistachios.
- Celery and products thereof.
- Mustard seed and its products.
- Sesame seeds and products thereof
- Sulfur dioxide and sulphites: with a concentration exceeding 10 mg / kg or 10 mg / liter, expressed as total SO₂, to be calculated for