



St. George Preschool
Menu May
2-3 years old

date	Breakfast	snack	Soup	Main meal	Bread	Dessert	Afternoon breakfast
7.5.2024	Cous-cous with butter and white cheese/ Tea	Apple	Creamy soup with egg and white cheese	Lamb stew with peas/ Moussaka of cauliflower and white cheese	Wholegrain	Fruit salad	Easter bread roll with marmalade filling/ Fruit yoghurt drink/ Fruits
8.5.2024	Banitsa with white cheese/ Tea	Vegetable sticks dipped in lemon juice	Veal soup/ Tomato soup	Creamy farfalle with spinach and cheddar/ Cucumber salad	Wholegrain	Yoghurt pudding with chia seeds and strawberries, fruits	Baked croissant with butter/ Fruit juice 100% / Fruits
9.5.2024	Grilled sandwich with yellow cheese/ Tea	Banana	Zucchini cream soup/ croutons	Fish fillets with garlic and herbs paste/ Sauteed potatoes/ Salad of cucumbers, avocado, and basil/ dressing	Wholegrain	Vanilla mousse, fruits	Carrot muffin with goji berry/ Yoghurt drink/ Fruits
10.5.2024	Fruit muesli with yoghurt	Pear	Vegetable cream soup/ croutons	Pizza with tomatoes, chicken fillet, mozzarella, yellow cheese/ Pizza Margherita / Shepherd's salad	Wholegrain	Fruits	Grilled sandwich with tomatoes, white cheese, olives, and basil/ Tea
13.5.2024	Cornflakes with milk/ Fruits	Apple	Carrot cream soup / croutons	Shepherd's pie/ Shopska salad/ Beans stew	Wholegrain	Flan, fruits	Marbled pound cake/ Yoghurt drink/ Fruits
14.5.2024	Baked doughnuts/ Yoghurt drink	Kiwi	Garden soup of mixed vegetables	Grilled chicken fillets with a side of steamed corn in butter/ Vegetable patties with milky sauce / Iceberg lettuce with tomatoes and fresh onion	Wholegrain	Fruits	Buttered sandwich/ yellow cheese/ cucumber/ Iced tea/ Fruits
15.5.2024	Ciabatta with Philadelphia/ tomato/ Tea	Pear	Vegetable soup with meatballs/ Tarator	Lasagna with spinach, mozzarella and yellow cheese / Cucumbers and radish salad	Wholegrain	Fruit salad	Crepes with blueberry jam/ Milk/ Fruits
16.5.2024	Croissant with marmalade filling/ Milk	Vegetable sticks dipped in lemon juice	Red lentils cream soup/ croutons	Pan seared salmon with a side of sauteed potatoes/ Tomato and cucumber salad with white cheese	Wholegrain	Lemon pudding, fruits	Baked sandwich with eggs and white cheese/ Yoghurt drink/ Fruits
17.5.2024	Granola with milk	Kiwi	Potato cream soup/ croutons	Kritharaki with tomato sauce and minced meat/ Green salad mix, arugula, tomatoes, and parmesan/ Gyros with vegetables	Wholegrain	Banana semolina with milk, fruits	Swiss roll with marmalade filling/ Fruit juice 100%/ Fruits
20.5.2024	Oat flakes with banana/ Yoghurt	Orange	Pumpkin cream soup/ croutons	Veal stew with vegetables/ Tzatziki/ Spaghetti with arugula and cherry tomatoes in creamy sauce and parmesan	Wholegrain	Flan, fruits	Carrot pound cake/ Milk/ Fruits
21.5.2024	Banitsa with white cheese/ Yoghurt drink	Banana	Tarator	Meatballs of minced meat/ Green salad with cucumbers, radishes and egg/ Shakshuka	Wholegrain	Fruit salad	Sandwich with avocado and white cheese dip/ Iced tea/ Fruits
22.5.2024	Ciabatta with Philadelphia/ cucumber/ Tea	Strawberries	Veal soup/ Nettles cream soup	Vegetarian moussaka/ Salad of carrots, radishes, and pumpkin seeds	Wholegrain	Strawberry yoghurt mousse, fruits	Mini pancakes with caramel topping/ Milk/ Fruits
23.5.2024	Grilled sandwich with egg and yellow cheese/ Tea	Pear	Beans stew	Farfalle in tomato sauce, fish and parmesan/ Salad of baby spinach, green salad, cherry tomatoes, and fresh onion	Wholegrain	Fruits	Baked cheesecake/ Iced tea/ Fruits
27.5.2024	Stars shaped pasta with butter and white cheese/ Tea	Apple	Broccoli cream soup / croutons	Cornflakes coated chicken drumsticks with a side of root vegetables/ Spring salad of radishes/ Poached eggs in yoghurt sauce	Wholegrain	Fruits	Grilled mosaic sandwich/ Yoghurt drink
28.5.2024	Doughnuts/ Yoghurt drink	Pear	Potato cream soup with tomatoes	Roasted pork shank with a cream cheese and vegetable filling and a side of roasted potatoes/ Shepherd's salad/ Gnocchi alla Sorrentina	Wholegrain	Yoghurt pudding with chia seeds and strawberries, fruits	Sandwich with butter and yellow cheese/ cucumber/ Yoghurt drink/ Fruits
29.5.2024	Cornflakes with milk	Cherries	Chicken soup/ Tarator	Zucchini stuffed with rice, tomato sauce and mozzarella/ Tomatoes, cucumbers, and feta cheese salad	Wholegrain	Ice cream, fruits	Muffin with Philadelphia and blueberries/ Iced tea/ Fruits
30.5.2024	Ciabatta with egg pate/ tomato/ Tea	Apple	Vegetable cream soup/ croutons	Paella with white fish/ Tomato and white cheese salad	Wholegrain	Milky mousse, fruits	Croissant with marmalade filling/ Milk/ Fruits
31.5.2024	Easter bread/ Milk	Banana	Spinach soup with parsley	Roasted rabbit with rice and spinach/ yoghurt/ Tzatziki/ Peppers stuffed with egg and white cheese filling with yoghurt sauce	Wholegrain	Fruit salad, fruits	Soft sesame pretzels/ Yoghurt drink/ 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%. Buttermilk is salt free. Meat and meat products 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 Dobruvitsa 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 SO 2, to be calculated for products offered for consumption or returned to their original state according to the manufacturer's instructions