



St. George International School

Date	Breakfast	10 a.m.snack	Salad	Soup	Lunch	Dessert	Snack
07.05.2024	Couscous with butter and cheese/ Tea	Apple	Caprese salad/ Harvest salad	Turkey meat Soup/ Milk soup with eggs and cheese	Lamb meat with peas/ Pork meat, garnished with fresh potatoes with dill / Cauliflower moussaka with cheese	Fruit Salad	1. Easter Roll with marmalade/ fruit yogurt drink/ fruits 2. Cornflakes/yogurt
08.05.2024	Cheese Pie/ Tea	Vegetable sticks with lemon juice	Green salad with cucumbers, radishes and egg / Roasted red pepper salad with dressing	Beef stew/ Tomato soup	Rabbit meat taskebab with white rice/ Chicken steak with grilled vegetables/ Farfalle in cream sauce with spinach and cheddar	Yogurt cream with chia and strawberries	1. Freshly baked croissant with butter / Fruit juice 100% / Fruits 2. Cornflakes / yogurt
09.05.2024	Warm sandwich with pork fillet and yellow cheese/cucumber/ Tea Warm sandwich with yellow cheese/ Tea	Banana	Spring salad with avocado, cucumbers and basil/ dressing/ Greek salad	Cream of Zucchini Soup/ Croutons	Grilled trout fillet, garnished with sauteed potatoes / Crispy fish fillets with herb garlic paste / Grilled vegetables	Cocoa mousse	1. Muffin with carrots and goji berries / Yogurt drink / fruits 2. Cornflakes with yogurt / Fruits
10.05.2024	Combined breakfast /olives, yellow cheese, butter, jam, pork fillet, egg, bread/ Tea	Pear	Eggplant caviar and yogurt / Shepherd's salad	Boiled pork meat soup/ Cream of vegetables soup/ croutons	Baked turkey meat with cabbage / Pizza with tomatoes, chicken fillet, mozzarella / Pizza "Margarita"	Fruits	1. Baked French sandwiches with tomatoes, cheese, olives and basil/ Tea 2. Cornflakes with yogurt/ Fruits
13.05.2024	Cornflakes with milk/ Fruit	Apple	Green salad with eggs and cucumbers / Shopska salad	Lemon Chicken Soup/ Cream of carrots soup/ croutons	Shepherd's pie/ Veal stewed, garnished with white rice/ Baked beans	Caramel cream	1. Marble cake/ Yogurt drink /fruits 2. Cornflakes/yogurt
14.05.2024	Baked buns/ Yogurt drink	Kiwi	Iceberg salad with tomatoes and fresh onions/ Kopoolu	Thick Beef Soup/ Colorful garden soup	Roasted pork meat, garnished with vegetables/ Grilled chicken fillets, garnished with corn in butter/ Vegetable meatballs with yogurt sauce	Fruits	1. Sandwich with butter, yellow cheese, cucumber/ Iced tea/ Fruit 2. Cornflakes/yogurt
15.05.2024	Chabata with Philadelphia cheese, turkey fillet / tomato / Tea Chabata with Philadelphia/ tomato/ Tea	Pear	Salad with cucumbers and radishes/ Salad with tomatoes, eggs and roasted red peppers	Meatballs Soup/ Tarator	Oven-baked chicken and rice casserole/ Lasagna Bolognese with minced beef/ Lasagna with spinach, mozzarella and yellow cheese	Fruit Salad	1. Freshly baked croissant with chocolate / Fresh milk with cocoa / fruits 2. Cornflakes with yogurt / Fruits
16.05.2024	Croissant with marmalade/ Fresh milk with cocoa	Vegetable sticks with lemon juice	Salad with a slice of cheese, tomatoes and cucumbers/ Salad with cabbage and carrots	Cream of red lentil soup/ croutons	Salmon with sauteed potatoes/ Grilled mackerel fillet with stewed vegetables	Chocolate mousse	1. Baked sandwich with minced meat/ Yogurt drink/ Fruits 2. Cornflakes/ yogurt
21.05.2024	Cheese Pie/ Yogurt drink	Banana	Tricolor salad/ Green salad with cucumbers, radishes and eggs	Rabbit meat Soup/ Tarator	Milk Kebab/ Homemade meatballs / Shakshuka	Fruit Salad	1. Sandwich with avocado and cheese dip / Iced tea / Fruit 2. Cornflakes with yogurt / Fruit
22.05.2024	Chabata with Philadelphia cheese, chicken fillet/ cucumber/ Tea Chabata with Philadelphia cheese/ cucumber/ Tea	Strawberries	Salad with tomatoes and cheese/ Salad with carrots, radishes and pumpkin seeds	Beef soup / Cream of nettle soup	Chicken and rice zasserole/ Viennese schnitzel with stewed vegetables in butter / Vegetarian moussaka	Strawberry mousse with strained yogurt	1. Brownies/ Fresh milk/ Fruits 2. Cornflakes with yogurt / Fruits
23.05.2024	Combined breakfast/ Tea	Pear	Potato salad/ Baby spinach salad, green salad with cherry tomatoes and fresh onions	Beans soup	Crispy fish fillets with herb garlic paste/ Farfalle with tomato sauce, fish and parmesan/ Steamed vegetables	Chocolate pudding	1. Baked cheesecake/ Iced tea/ Fruits 2. Cornflakes/ yogurt
27.05.2024	Pasta stars with butter and cheese/ Tea	Apple	Salad with beans, onions and lutenitsa/ Spring salad with radishes	Aromatic beef soup / Cream of broccoli soup/ croutons	Chicken tenders with cornfakes, garnished with vegetables/Chili Con Carne with Beef / Eggs 'Panagurski' style	Fruits	1. Warm sandwich with yellow cheese and ham/ Yogurt drink 2. Cornflakes with yogurt/ Fruits
28.05.2024 z.	Baked Buns/ Yogurt drink	Pear	Shepherd's salad/ Salad with roasted red peppers and parsley	Meatballs soup / Potato soup with tomatoes and cream	Chicken fricassee/ Baked pork meat stuffed with melted cheese and vegetables, garnished with crispy potatoes/ Gnocchi alla Sorrentina	Yogurt cream with chia and strawberries	1. Sandwich with butter and yellow cheese/ cucumber/ Yogurt drink/ Fruit 2. Cornflakes/yogurt
29.05.2024	Chocolate balls with fresh milk	Cherries	Tricolor salad/ Kopoolu	Chicken Soup/ Tarator	Veal stewed with mushroom sauce, garnished with baby carrots/ Pork meat kebab with mashed potatoes/ Stuffed zucchini boats with rice, tomato sauce and mozzarella	Ice cream	1. Muffins with Philadelphia cheese and blueberries / Iced tea/ Fruit 2. Cornflakes/yogurt
30.05.2024	Cabatta with egg pate, turkey fillet and tomato/ Tea Cabatta with egg pate / tomato / Tea	Apple	Coleslaw salad / Tomato salad with cheese	Tomato soup	Paella with white fish/ Grilled trout fillet with olive oil, lemon and garlic dressing/ Saut�ed vegetables	Chocolate cream	1. Buns with marmalade/ Fresh milk with cocoa/ Fruits 2. Cornflakes with yogurt/ Fruits
31.05.2024	Combined breakfast / olives, yellow cheese, butter, jam, pork fillet, egg, bread/ Tea	Banana	Mixed salad/ Tzatziki	Boiled pork meat/ Spinach and parsley soup	Chicken meatballs with a mix of steamed vegetables/ Rabbit meat with rice and spinach casserole /yogurt/ Pepper burek with yogurt sauce	Fruit Salad	1. Sesame pretzels/ Yogurt drink/ Fruits 2. Cornflakes/ yogurt

"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