



St. George International School and Preschool

01.07.2024 z.	Fresh milk with cornflakes	Apple	Baby spinach salad, with cherry tomatoes and fresh onion/ Cauliflower and sesame salad with lemon sauce	Rabbit meat Borscht soup/ Creamy potato soup/ Croutons	Roasted chicken thigh with a side of vegetables/ Stuffed peppers with minced meat 100% and rice/ Yogurt/Lean stuffed peppers with rice and vegetables	Fruit Salad	Bread slice with egg pate/ Iced tea/ Fruits
02.07.2024 z.	Ciabatta with "Philadelphia"cheese, turkey fillet,yellow cheese, tomato/ Tea	Watermelon	Tabbouleh Salad/ Caesar Salad	Meatballs soup/ Tarator	Viennese schnitzel with a garnish of steamed broccoli with butter/ Veal tas kebab with mashed potatoes/ Rice with olives and tomatoes casserole	Vanilla ice cream	Pancake with chocolate/ Fruit smoothie/ Fruits
03.07.2024 z.	Cheese Pie / Yogurt drink	Peach	Salad with Chinese cabbage, apples and "Vinaigrette" sauce/ Kupoolu	Chicken Soup/ Cream of nettle soup	Pork steak with a garnish of stewed peas/ Turkey with vegetables/ Potato stew	Fruits	Fruit muffin/ Iced tea/ Fruits
04.07.2024 z.	Rhodape breakfast with butter, cheese, savory, /grated boiled egg/ Tea	Vegetable sticks with lemon juice	Zucchini with yogurt sauce/ Tomato salad with a slice of cheese	Bean soup	Baked salmon with a garnish of steamed fresh potatoes with dill / Lemon risotto with tuna	Chocolate mousse	Baked cheesecake/ Tea/ Fruits
05.07.2024 z.	Sandwich with butter, pork fillet, emmental, tomato/ Tea	Melon	Tzatziki Salad / Green salad with avocado, cucumbers and cherry tomatoes	Beef stew/ Colorful garden soup	Shepherd's pie / Spaghetti with tomatoes, chicken fillet, mozzarella, yellow cheese/ Spaghetti with four types of cheese and spinach	Grapes	Eclair with cream/ Iced tea/ Fruits
08.07.2024 z.	Pasta stars with butter and cheese/ Tea	Apple	Tricolor salad/ Salad with pink tomatoes and olives	Fish, spinach and cream soup / Tarator	Stewed beef with stewed vegetables/ Moussaka with minced meat 100%/ Mish-mash	Fluffy strained yogurt and fresh strawberries cream	Freshly baked bun with butter / Fresh milk with cocoa / Fruits
09.07.2024 z.	Cornflakes with fresh milk	Nectarine	Shepherd's salad/ Green salad, radishes and cucumbers	Vegetable soup with chicken/ Creamy red lentil soup/ Croutons	Casserole with rabbit meat, yellow cheese and cream/ Pork meat with a garnish of root vegetables/Lean sarma	Raspberry chia pudding	Sandwich with butter and yellow cheese/ cucumber/ Fruit juice 100% orange/Fruits
10.07.2024 z.	Combined breakfast / butter, ham, yellow cheese, jam, cucumber / Tea	Banana	Salad with carrots, radishes and pumpkin seeds/ Aranged salad with tomatoes, cucumbers and a piece of cheese	Boiled turkey meat soup/ Zucchini cream soup / Croutons	Wine kebab with mashed potatoes / Grilled chicken steak with white rice garnish / Baked omelette with cheese and yellow cheese	Fruit ice cream	Brownies/ Fresh milk/ Fruits
11.07.2024 z.	Sandwich with "Philadelphia" cheese, pork fillet, tomato/ Tea	Vegetable sticks with lemon juice	Iceberg salad with cucumbers/Coprese salad	Cream soup of carrots, cauliflower and Parmesan/ Croutons	Breaded white fish with a garnish of stewed baby potatoes with rosemary/ Grilled vegetables/ Farfalle with fish, tomato pesto and basil	Cocoa cream	Muffin/ Iced tea/ Fruits
12.07.2024 z.	Cheese Pie / Yogurt drink	Watermelon	Shopska salad/ Tzatziki Salad	Rabbit meat soup/ Cream of nettle soup/ Croutons	Chilli Con Carne with ground beef/ Pizza with tomatoes, chicken fillet, mozzarella, yellow cheese / Pizza "Margarita"	Fruit Salad	Sandwich with avocado and cheese dip / Iced tea / Fruits
15.07.2024 z.	Chocolate balls with fresh milk	Apple	Iceberg salad with radishes and cucumbers/ Tomato and olive salad	Chicken soup/ Cream soup of roasted red peppers and cheese/ Croutons	Veal stewed with sauce and a side of rustic potatoes/ Roasted pork meat garnished with beans with lutenica/ Spinach, eggs and cream cheese roll garnished with a "rizi-bizi"	Yogurt cream with chia and strawberries	Muffin with carrots and goji berries / Yogurt drink / Fruits
16.07.2024 z.	Baked buns / fresh milk with cocoa	Apricot	Harvest salad/ Tabbouleh salad	Meatballs soup/ Milk soup with melted cheese	Pork meat with cabbage casserole/ Chicken fillets with sesame garnished with cauliflower puree/ Breaded yellow cheese with stewed vegetables	Vanilla mousse with strawberries	Freshly baked croissant with chocolate/ Fresh milk/ Fruits
17.07.2024 z.	Warm sandwich with ham and yellow cheese/ Tea	Watermelon	Green salad with cucumbers and tomato/ Quatak	Pork meat soup with noodles/ Tomato soup	Rabbit meat casserole with vegetables/ "Tsarigradski" style meatballs with a garnish of mashed potatoes/ Vegetable stew	Chocolate ice cream	Marble cake/ Iced tea/ Fruits
18.07.2024 z.	Bread slice with pate of cheese, butter and egg/ Tea	Vegetable sticks with lemon juice	Salad with apples, carrots and sunflower seeds/ Mixed salad	Lentil soup	Fish croquettes with steamed fresh potatoes / Spaghetti with tomato sauce, basil and white fish	Banana mousse	Dark chocolate, spelled, sour cream and blueberries cake/ Tea/ Fruits
19.07.2024 z.	Combined breakfast /butter, fillet, cheese, jam, cucumber/ Tea	Nectarine	Salad with roasted red peppers and parsley / Spring salad with avocado, tomatoes and basil	Chicken soup with rice/ Mixed vegetables Soup	Casserole with pork meat/ Lasagne "Bolognese" with ground beef 100%/ Lasagna with spinach, ricotta and mozzarella	Fruits	Cheesecake/ Fruit juice orange 100%/ Fruits
22.07.2024 z.	Couscous with butter and cheese/ Tea	Apple	Greek salad/ Bean salad with onion and parsley	Beef stew / Cream of broccoli soup/ Croutons	Oven-baked rabbit meat with cabbage casserole/ Viennese schnitzel garnished with "rizi-bizi" / Ratatouille	Fruit Salad	Bread slice with avocado dip/ Fruit smoothie/ Fruits
23.07.2024 z.	Baked buns/ Yogurt drink	Melon	Shepherd's salad/ Kuopoolu	Cream of fish soup/ Tarator	Chicken "Julienne" Stewed pork meat with mashed potatoes and carrots/ Shakshuka with onions and roasted peppers	Fruits	Warm sandwich with yellow cheese / Iced tea/ Fruits
24.07.2024 z.	Cheese Pie / Yogurt drink	Banana	Zucchini with yogurt sauce/ Salad with beetroot and cabbage	Pork meat soup with vegetables/ Potato cream soup	Grilled chicken fillet, garnished with grilled vegetables / Chirpanski style meatballs/ Vegetable casserole	Ice cream	Freshly baked croissant with chocolate/ Apple juice 100%/ Fruits
25.07.2024 z.	Ciabatta with "Philadelphia"cheese, chicken fillet, cucumber/ Tea	Vegetable sticks with lemon juice	Cucumbers and olives salad/ Iceberg salad with cherry tomatoes	Bean soup	Paella with white fish / Grilled mackerel fillet with rustic potatoes/ Steamed vegetables	Chocolate mousse	Muffin with blueberries/ Fresh milk/ Fruits
26.07.2024 z.	Warm sandwich with butter, turkey fillet and yellow cheese/ Tea	Nectarine	Country salad with roasted peppers and a slice of cheese/ Tzatziki Salad	Turkey meat soup with noodles/ Cream of Brussels sprout soup/ Croutons	Pork meat with rice casserole / Chicken meatball burger with coleslaw sauce, lettuce, cheddar/ Burger with potato patty with coleslaw sauce, lettuce, cheddar	Watermelon	Honey biscuits / Fruit Ayrar / Fruits
29.07.2024 z.	Muesli with yogurt and fruit	Apple	Spring salad with avocado, cucumbers and basil/ Greek salad	Rabbit meat soup/ Creamy carrot and cauliflower soup / Croutons	Veal stewed with a garnish of stewed carrots and peas/ Kebabs with mashed potatoes/ Stuffed lean zucchini / yogurt	Fruits	Baked cheesecake with strawberries/ Fruit juice 100%/ Fruits
30.07.2024 z.	Cheese Pie / Yogurt drink	Nectarine	Green salad with tuna/ parmesan flakes/ dressing/ Salad with tomatoes and cheese	Boiled pork meat soup/ Tarator	Rabbit meat casserole/ Cordon bleu with country style potatoes/ Patatnik with spinach, cream sauce and cheese	Watermelon	Sandwich with butter/ turkey fillet/ yellow cheese/ tomato/ Tea
31.07.2024 z.	Baked French sandwich with olives/Iced tea	Melon	Cucumber and radish salad/ Tabbouleh salad	Turkey meat with Vegetables Soup/ Minestrone Soup	Chicken leg with cornflakes, garnished "with rizi-bizi" / Meatballs with white sauce/ Vegetable casserole	Ice cream	Pancake with caramel sauce/ Fruit smoothie with yogurt

Note: All products on the menu are in accordance with the regulations on the specific requirements for the safety and quality of food offered in children's facilities. Namely: bread, pasta and potato products are low in fat, salt and sugar. Fruits and vegetables are mostly fresh, preferably frozen and dried, rather than sterilized, and they must be low in salt, sugar, fats, synthetic dyes, preservatives, etc./ Natural juices are 100%. Jams and marmalades have over 60% fruit content and less than 15% sugar content. Fresh milk and yogurt have a fat content of 2%, and the rest 3%. Ayrar is without added salt. Meat and meat products must be free of visible tendons, fat and bones. The ground meat is beef or a 60/40 mix of beef and pork. The bird meat is skinless. Fish is preferred fresh over frozen, boneless, low in salt. The eggs are fresh, stored under refrigerated conditions, within the expiration date. All products that are used to feed children are subject to VAT.

Coordinated with Technologist "LFS"

Prepared by: Nurses of St. George school