



St. George Preschool
Menu October 2024
2 - 3 years old

date	Breakfast	snack	soup	Main meal	dessert	Afternoon snack
01.10.2024	Ciabatta with Philadelphia, yellow cheese, tomato/ tea	Pear	Vegetable cream soup/ croutons	Schnitzel with a side of steamed vegetables in butter/ Caprese salad of mozzarella and basil pesto/ Baked breaded yellow cheese	Fruit salad	Wholegrain crackers with hummus/ Tea/ Fruits
02.10.2024	Wholegrain sandwich with avocado, white cheese and egg/ tea	Grapes	Pork soup/ Spinach soup	Vegetable moussaka / yoghurt / Mexican salad	Fruits	Baked croissant with butter/ Orange juice 100%/ Fruits
03.10.2024	Baked doughnuts/ yoghurt drink	Banana	Tomato soup	Pan-seared salmon/ sauteed potatoes/ Salad of cucumbers	Yoghurt pudding with blueberries	Grilled sandwich with yellow cheese/ Fruit smoothie/ Fruits
04.10.2024	Combo breakfast/ butter, turkey fillet, yellow cheese, jam, egg/ tea	Vegetable sticks dipped in lemon juice	Carrot cream soup/ croutons	Pizza with tomatoes, chicken fillet, mozzarella, yellow cheese / Pizza Margherita / Shopska salad	Fruit mousse	Baked cheesecake/ Tea/ Fruits
07.10.2024	Stars shaped pasta with butter and white cheese/ tea	Apple	Tarator	Shepherd's pie/ Baked rice with mushrooms, topped with a savory egg custard / yoghurt/ Salad of carrots, apples and pumpkin seeds	Fruits	Spinach roll with Philadelphia, cream cheese and peaches filling/ Milk/ Fruits
08.10.2024	Cornflakes with milk	Pear	Red lentils cream soup/ croutons	Grilled chicken tenders with a side of rice and vegetables/ Shopska salad/ Shakshuka with onions and bell peppers	Sweet baked pasta	Sandwich with avocado dip/ Iced tea/ Fruits
09.10.2024	Grilled French sandwich/ tea	Banana	Chicken soup/ Egg and white cheese soup	Potato croquettes with yoghurt sauce/ Salad of tomatoes, chickpeas and roasted bell peppers	Fruit salad	Marbled pound cake/ Yoghurt drink/ Fruits
10.10.2024	Sandwich with butter/ mozzarella/ tomato/ tea	Vegetable sticks dipped in lemon juice	Vegetable cream soup/ croutons	Breaded white fish/Steamed baby potatoes with rosemary/ Greek salad	Vanilla mousse	Easter bread/ Fruit juice 100%/ Fruits
11.10.2024	Banitsa with white cheese/ yoghurt drink	Plums	Tomato soup	Lasagna Bolognese/ Lasagna with spinach and ricotta	Fruits	Pumpkin pie/ Milk/ Fruits
14.10.2024	Pasta with butter and white cheese/ tea	Apple	Vegetable soup	Stuffed meatloaf with a side of grilled vegetables/ Vitamin salad/ Ratatouille	Flan	Banana muffin/ Orange juice 100%/ Fruits
15.10.2024	Grilled sandwich with white cheese and egg/ tea	Kiwi	Broccoli cream soup/ croutons	Cornflake-crust chicken tenders with a side of steamed fresh potatoes/ Tomatoes and white cheese salad / Stuffed vegetarian peppers/ yoghurt	Fruits	Muffin with carrots and goji berry/ Yoghurt drink/ Fruits
16.10.2024	Mini pancakes/ caramel sauce/ milk	Banana	Veal soup/ Thickened vegetable soup	Spinach roll with cream cheese filling/ Mixed salad	Fruit salad	Baked croissant with butter/ Milk/ Fruits
17.10.2024	Sliced bread with egg and white cheese pate with tomato/ tea	Vegetable sticks dipped in lemon juice	Beans soup	Breaded fish fingers with a side of roasted potatoes/ Salad of tomatoes and olives	Banana mousse	Pancake with strawberry jam/ Iced tea/ Fruits
18.10.2024	Muesli and dried fruits with milk	Tangerine	Potato cream soup/ croutons	Spaghetti Bolognese/ Spaghetti with arugula, cherry tomatoes and parmesan cheese	Vanilla pudding	Grilled sandwich with yellow cheese/ Apple juice 100%/ Fruits
21.10.2024	Cous-cous with butter and white cheese/ tea	Apple	Roasted red bell peppers cream soup/ croutons	Spiked pork with a side of white rice/ Shepherd's salad/ Frittata with spinach and tomatoes	Fruits	Tart Tatin/ Milk/ Fruits
22.10.2024	Sandwich with butter, yellow cheese/ tomato/ tea	Kiwi	Pumpkin cream soup/ croutons	Chicken Fricassee/ Tagliatelle Italiana	Yoghurt pudding with chia and blueberries	Savory pound cake/ Yoghurt drink/ Fruits
23.10.2024	Cornflakes with milk/ tea	Banana	Soup with turkey meat and noodles/ Tarator	Baked omelette with yellow cheese and a side of steamed vegetables	Cinnamon baked apple	Baked sandwich with yellow cheese/ Apple juice 100%/ Fruits
24.10.2024	Baked doughnuts/ yoghurt drink	Vegetable sticks dipped in lemon juice	Carrot cream soup/ croutons	Risotto with white fish/ Iceberg salad with tomatoes	Fruits	Grilled sandwich with minced meat and yellow cheese/ Apple juice 100%/ Fruits
25.10.2024	Sliced bread with marmalade/ milk	Orange	Borscht soup	Burger with veal patty, iceberg, tomato, pickles, cheddar cheese/ Shopska salad/ Burger with potato patty, iceberg, tomato, pickles, cheddar cheese	Fruit salad	Savory muffin/ Banana smoothie/ Fruits
28.10.2024	Stars shaped pasta with butter and white cheese/ tea	Apple	Broccoli cream soup/ croutons	Chicken roulades with vegetables/ Katyk/ Stuffed cabbage rolls with ground beef and rice	Fruits	Sandwich with butter, mozzarella/ avocado/ Tea/ Fruits
29.10.2024	Sandwich with butter/ mozzarella/ tomato/ tea	Kiwi	Lentils soup	Marinated pork chops with a side of roasted potatoes/ Tomatoes with white cheese/ Bell peppers stuffed with eggs and white cheese/ Yoghurt sauce	Cinnamon baked apple	Apple strudel with whipped cream/ Iced tea/ Fruits
30.10.2024	Muesli with yoghurt	Banana	Soup with salmon / Tarator	Patatnik	Fruit salad	Grilled sandwich with egg and white cheese/ Milk/ Fruits
31.10.2024	Banitsa with white cheese/ yoghurt drink	Vegetable sticks dipped in lemon juice	Peas cream soup with mint/ croutons	Farfalle with fish, tomato sauce, pesto and parmesan	Baked pumpkin	Muffin / Milk/ Fruits

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. Bread, pasta and potato products are low in fat, salt and sugar. Fruits and vegetables are mainly 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 yoghurt have a fat content of 2%, and the rest of 3%. The yoghurt drinks are without added salt. Meat and meat products must be free of visible tendons, fat and bones. The minced meat is beef or a 60/40 mix of beef and pork. The poultry meat is without any skin. Fish is preferred fresh over frozen, boneless, low in salt. The eggs are fresh, stored under refrigerated conditions, within the expiration date. All products are according to the Bulgarian Quality Standard.