



St. George International School
October 2024

Date	Breakfast	10 AM snack	Salad	Soup	Lunch	Dessert	Afternoon snack
01.10.2024	Chabata with Philadelphia, Pork Fillet, Yellow cheese, Tomato/ Tea/ Chabata with Philadelphia, Yellow cheese, Tomato/ Tea	Pear	Caprese salad with mozzarella and basil pesto / Green salad with radishes and cucumbers	Chicken soup / Cream of vegetable soup / Croutons	Rabbit meat stewed with garnish rice/ Viennese schnitzel with garnish stewed vegetables in butter / Oven baked cheese	Fruit Salad	1. Wholegrain crackers with hummus/ Tea/ Fruits 2. Cornflakes / yogurt
02.10.2024	Wholegrain sandwich with avocado, cheese and egg / Tea	Grapes	Mexican salad / Arugula salad, tomatoes and parmesan	Pork soup / Spinach soup	Chicken tenders with sesame seeds garnished with stewed vegetables / Moussaka with 100% minced meat / Moussaka with vegetables/ Yogurt	Season fruits	1. Freshly baked croissant with butter/ Fruit juice orange 100%/ Fruits 2. Cornflakes / yogurt
03.10.2024	Baked buns/ Yogurt drink	Banana	Cucumber and olive salad / Tabbouleh salad	Tomato soup	Pasta with cream sauce, white fish and cheddar/ Salmon/ Sauteed potatoes / S teamed broccoli and cauliflower	Yogurt cream with blueberries	1. Baked sandwich with cheese/ Fruits smoothie/ Fruits 2. Cornflakes / yogurt
04.10.2024	Combined breakfast / butter, pork fillet, yellow cheese, jam, egg/ Tea	Vegetable sticks with lemon juice	Shopska salad/ Cabbage and beet salad	Boiled beef soup / Cream of carrot soup / Croutons	Beef meatballs in white sauce/ Pizza with tomatoes, chicken fillet, mozzarella/ Pizza Margarita	Fruit mousse	1. Baked cheesecake / Tea/ Fruits 2. Cornflakes / yogurt
07.10.2024	Pasta stars with butter and feta cheese / Tea	Apple	Salad with apples, carrots and seeds/ Garden soup	Turkey soup / Tarator	Stewed beef with vegetables with butter in the oven / Shepherd's pie /Rice with vegetables/ Yogurt	Season fruits	1. Spinach roll with Philadelphia filling, cream cheese and peaches / Milk/ Fruits 2. Cornflakes / yogurt
08.10.2024	Chocolate balls with fresh milk	Pear	Shopska salad/ Aranged salad with a slice of cheese	Meat ball Soup / Cream of red lentil soup / Croutons	Baked pork spindle stuffed with cheese and green onions with mashed potatoes/ Grilled chicken fillets with rice/ Shakshuka with onions and peppers	Baked sweet makaroni	1. Avocado dip sandwich/ Ice tea/ Fruits 2. Cornflakes / yogurt
09.10.2024	Warm French Sandwich / Tea	Banana	Green salad with cucumber, olives and seeds/ Tomato, chickpea and roasted pepper salad	Chicken soup / Milk soup with egg and cheese	Minced meatballs with chef sauce/ Cordon bleu with stewed corn in butter/ Potato balls with milk sauce	Fruit Salad	1. Cake/ Yogurt drink/ Fruits 2. Cornflakes / yogurt
10.10.2024	Sandwich with butter, pork fillet, yellow cheese and tomato / Tea Sandwich with butter, yellow cheese and tomato	Vegetable sticks with lemon juice	Greek salad/ Iceberg lettuce with cherry tomatoes and parmesan	Vegetable cream soup/ Croutons	Minced meatballs with chef sauce/ Cordon bleu with a garnish of stewed corn in butter/ Potato meatballs with milk sauce	Cocoa mousse	1. Sweet Easter croissant / Fruit juice 100%/ Fruits 2. Cornflakes / yogurt
11.10.2024	Cheese pie/ Yogurt drink	Plums	Venetian salad/ Tzatziki	Rabbit meat soup with spinach / Tomato soup	Onion and vegetable chicken / Bolognese lasagna / Spinach and ricotta lasagna	Season fruits	1. Pumpkin pie/ Milk/ Fruits 2. Cornflakes / yogurt
14.10.2024	Macaroni with butter and cheese / Tea	Apple	Spinach salad with quinoa and soy mustard sauce/ Vitamin salad	Lemon chicken soup / Mixed vegetable soup / Croutons	Pork with fresh cabbage / "Stephanie" roll with vegetables / Ratatouli	Caramel custard cream	1. Banana muffin/ Fruit juice orange 100%/ Fruits 2. Cornflakes / yogurt
15.10.2024	Warm French Sandwich with cheese and egg/ Tea	Kiwi	Salad with cauliflower and sesame / Tomatoes with cheese	Meatball soup/ Cream of broccoli soup / Croutons	Chicken flakes with cornflakes and stewed potatoes/ Stuffed peppers with minced meat and rice/ Stuffed lean peppers/ Yogurt	Season fruits	1. Muffin with carrots and goji berries/ Yogurt drink/ Fruits 2. Cornflakes / yogurt
16.10.2024	Chabata with Philadelphia, chicken fillet, cheddar cheese, tomato / Tea Chabata with Philadelphia, tomato / Tea	Banana	Mixed salad/ Quatack	Boiled veal Soup/ Garden soup	Chicken with potatoes/roasted pork shank with stewed peas/ Spinach roll with cream cheese	Fruit Salad	1. Freshly baked muffin with chocolate / Milk/ Fruits 2. Cornflakes / yogurt
17.10.2024	Rhodore breakfast with tomato/ Tea	Vegetable sticks with lemon juice	Hummus salad/ Tomato and olive salad	Bean soup	Grilled mackerel fillet with rice/ Crispy fish fillets with rustic potato	Banana mousse	1. Black chocolate, spelt, sour cream and blueberries cake/ Ice Tea/ Fruits 2. Cornflakes / yogurt
18.10.2024	Combined breakfast / butter, turkey fillet, yellow cheese, jam, egg/ Tea	Tangerine	Caesar salad with chicken / Salad with roasted red peppers with parsley	Rabbit borsch Soup / Potato cream soup/ Croutons	Veal stew/ Spaghetti Bolognese with minced meat/ Spaghetti with arugula, cherry tomatoes and Parmesan	Season fruits	1. Baked sandwich with cheese/ Fruit juice apple 100%/ Fruits 2. Cornflakes / yogurt
21.10.2024	Couscous with butter and cheese / Tea	Apple	Green salad with arugula, tomatoes and permesan / Shepherd's salad	Pork soup with rice/ Cream of roasted red peppers soup/ Croutons	Veal with potatoes/ Spicy pork with white rice/ Spinach and tomato frittata	Season fruits	1. Tarte Tatin /milk with cocoa/ Fruits 2. Cornflakes / yogurt
22.10. 2021	Sandwich with butter, turkey fillet, yellow cheese and tomato / Tea Sandwich with butter, yellow cheese and tomato	Kiwi	Iceberg salad with cucumbers and parmesan on request/ Tzatziki	Beef meatball soup / Lentil soup	Tagliatelle "Carbonara"/ Chicken fricassee/ Tagliatelli "Italiana"	Yogurt cream with blueberries	1. Salty cake / Yogurt drink/ Fruits 2. Cornflakes / yogurt
23.10. 2021	Cornflakes with fresh milk/ Tea	Banana	Tricolor salad/ Bean with lutenitsa	Turkey soup with noodles / Tarator	Grilled meatballs with rustic potatoes/ Vegetables with rabbit meat/ Omelette with cheese in the oven and vegetables	Baked apple with cinnamon and honey	1. Baked sandwich with fillet and cheese/ Fruit juice apple 100%/ Fruits 2. Cornflakes / yogurt
24.10. 2022	Baked buns/ Yogurt drink	Vegetable sticks with lemon juice	Iceberg salad with tomatoes/ Tzatziki	Cream of carrots soup / Croutons	Risotto with white fish/ Grilled trout fillet garnished with steamed broccoli/ Mashed cauliflower and cheddar cheese	Season fruits	Warm sandwich/ Fruit juice apple 100%/ Fruits
25.10. 2022	Combined breakfast / butter, pork fillet, yellow cheese, jam, egg/ Tea	Orange	Shopska salad/ Eggplant caviar with sour cream	Chicken soup / Borsch soup	Burger with beef meatball, iceberg, tomato, pickles, cheddar/ Turkey meat with peas/ Burger with potato ball, iceberg, tomato, pickles, cheddar	Fruit Salad	Salty muffin / Banana Smoothie/ Fruits
28.10.2024	Pasta stars with butter and feta cheese / Tea	Apple	Green salad with arugula, tomatoes and permesan/ Quatack	Pork soup / Cream of broccoli soup/ Croutons	Chicken rolls with crispy vegetables/ Cabbage rolls with minced meat/ Meatless cabbage rolls	Season fruits	1. Sandwich with butter, mozzarella / avocado/ Tea/ Fruits 2. Cornflakes / yogurt
29.10. 2021	Sandwich with butter, turkey fillet, yellow cheese and tomato / Tea Sandwich with butter, yellow cheese and tomato	Kiwi	Iceberg salad with cucumbers and parmesan on request/ Tomatoes with cheese	Duck soup with noodles/ Lentil soup	Beef meatballs with penne and pesto with permesan and basil/ Marinated pork with a side of crispy country potatoes / Meatless peppers with eggs and cheese/ Yogurt sauce	Baked apple with cinnamon and honey	1. Strudel with apple and cream / Ice tea/ Fruits 2. Cornflakes / yogurt
30.10. 2021	Muesli with yoghurt	Banana	Tricolor salad / Greek salad	Salmon soup / Tarator	Chilconcarne with beef meat/ Cordon bleu garnished with grilled with mashed potatoes/ Rhodope patatnik	Fruit Salad	1. Warm egg and cheese sandwich/ Hot chocolate/ Fruits 2. Cornflakes / yogurt
31.10. 2022	Cheese pie/ Yogurt drink	Vegetable sticks with lemon juice	Tuscan salad with white beans, dried tomatoes, arugula and cherry tomatoes / Cabbage and carrots with yogurt sauce	Cream of Pea Soup with Mint and Parmesan/ Croutons	Crispy fish fillets with garlic herb paste/ Farfalle with fish, tomato sauce, pesto and parmesan	Roasted pumpkin with honey	1. Salty cake / Milk/ 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.