

## St. George International School

Date	Breakfast	10 AM snack	Salad	Soup	Lunch	Dessert	Afternoon snack
02.12.2024	Toasted sandwich with cheese and pork fillet / Tea Toasted sandwich with cheese / Tea	Apple	Green salad with arugula and cherry tomatoes / Salad with cucumbers and olives	Beef borsch Soup/ <i>Крем супа с брюквенско зеле / Крумону</i>	Shepherd pie/ Chicken rolladini with melted cheese with steamed peas in butter/ <i>Vegetarian quinoa and sweet potato meatballs</i>	Caramel cream	1. Muffin with carrots and gaji berries/ Fresh milk/ Fruits 2. Yoghurt with cornflakes/fruits
03.12.2024	Ciabatta with Philadelphia, chicken fillet/ cheese/ tomato/ tea Ciabatta with Philadelphia/ cheese/ tomato/ tea	Banana	Tricolor salad / Caprese salad	Rabbit soup/ <i>Minestrone soup</i>	Pork knuckle with crispy crust with steamed rice garnish/ Bolognese pasta/ <i>Potato-vegetable roll with milk sauce</i>	Fruits	1. Freshly baked muffin with chocolate/ Fruits smoothie/ Fruits 2. Yoghurt with cornflakes/fruits
04.12.2024	Banitsa/ yoghurt drink	Tangerine	Salad with carrots, apples, pumpkin seeds and leman/Tomatoes with cheese	Beef soup/ <i>Tomato cream soup / Croutons</i>	Grilled chicken fillets with rustic potatoes/ Cabbage rolls with 100% minced meat / <i>Meatless Cabbage rolls</i>	Fruit salad	1. Rice rolls with dried tomatoes and garlic / Tea / Fruits 2. Yoghurt with muesli/fruit
05.12.2024	Cereal choco balls with milk	Vegetable sticks dipped in lemon juice	Country salad/ Tabbouleh salad	<i>Cream soup of sweet corn and vegetables / Croutons</i>	Salmon on pan/ Sautéed potatoes/ Grilled vegetables/ Farfalle with tomato pesto, white fish	Fruit yoghurt with chia	1. Warm sandwich / tea / fruits 2. Yoghurt with muesli/fruit
06.12.2024	Combined breakfast / butter, cheese, turkey fillet, jam, egg, cucumber, wholemeal bread/ tea	Kiwi	Aranged salad with a slice of cheese/ Green salad with radishes and fresh onions	Meatballs soup/ <i>Vegetable soup with quinoa</i>	Beef stew / Pizza with tomatoes, chicken fillet, mozzarella, cheese / <i>Pizza "Margarita"</i>	Fruits	1. Easter bread/ milk/ fruits 2. Yoghurt with muesli/fruits
09.12.2024	Macaroni with white cheese and butter/ tea	Apple	Greek salad / Kyupoolu	Bavarian soup/ <i>Tarator</i>	Veal meatballs with penne and pesto with permesan and basil/ Pulled pork with garnish crispy potatoes/ <i>Risotto with mushrooms</i>	Fruits	1. Brownies/ Milk/ fruits 2. Yoghurt with cornflakes/fruit
10.12.2024	Cereal choco balls with milk	Tangerine	"Iceberg" salad with cucumbers and avocado/ Salad with roasted peppers and tomatoes	Rabbit borsch / <i>Green beans cream soup / croutons</i>	Baked pork stuffed with melted cheese and vegetables with steamed green beans garnish / Chicken bites with sesame with shirt-bizi garnish/ <i>Mish-mash</i>	Roasted pumpkin	1. Warm cheese and olive sandwich/ Fruit juice 100% orange/ Fruits 2. Yoghurt with cornflakes/fruits
11.12.2024	Baked buns/ Yogurt drink	Banana	Hummus salad/ Caesar salad	Chicken soup with lemon/ <i>Vegetarian borsch soup</i>	Kebabs with sautéed potatoes/ Veal stew with stewed vegetables/ <i>Homemade potato stew</i>	Fruit yoghurt with chia	1. Freshly baked muffin with butter/tea/fruits 2. Yoghurt with muesli/fruits
12.12.2024	Cibatta with butter/ mozzarella/ turkey fillet/ cucumber/ Tea Ciabatta with butter/ mozzarella/ cucumber/ tea	Vegetable sticks dipped in lemon juice	Eggplant caviar with yoghurt/ Salad with carrots, radishes and celery	<i>Cauliflower cream soup with parmesan/croutons</i>	White fish pan/ Steamed baby potatoes with rosemary/ Paella with vegetables and fish / Steamed vegetables	Baked apples with cinnamon cream	1. Pumpkin pie/milk with cocoa/ fruits 2. Yoghurt with muesli/fruits
13.12.2024	Combined breakfast / butter, pork fillet, cheese, jam, egg, olives, tomatoes, cucumber, wholemeal bread/ tea	Tangerine	Green salad with cherry tomatoes, onions and radishes / Dzadziki salad with pickles	Boiled pork soup/ <i>Amaranth cream soup with vegetables / croutons</i>	Grilled chicken steak with white rice/ Spaghetti Bolognese with minced meat/ <i>Spaghetti with mozzarella, arugula, cherry tomatoes and parmesan</i>	Fruit salad	1. Muffin with cream cheese and cranberries/ yoghurt drink/ fruits 2. Yoghurt with cornflakes/fruits
16.12.2024	Stars shaped pasta with butter and white cheese/ tea	Apple	Mixed green salad with cucumber/ Tricolor salad	Turkey soup / <i>Garden soup</i>	Chicken "Quattro formaggi" with stewed corn in butter / Roast pork with mashed potatoes / <i>Shakshouka</i>	Fruits	1. Sandwich with cheese and minced meat / Fruit juice 100% / Fruits 2. Yoghurt with cornflakes/fruit
17.12.2024	Sandwich with caviar pate/ Tea	Orange	Mexican salad/ Quatack	Chicken soup with noodles / <i>Cream of roasted red peppers soup/ Croutons</i>	Schnitzel with roasted root vegetables/ Risotto with rabbit/ <i>Porridge with cheese and butter</i>	Semolina pudding	1. Cookies/ Fruit juice 100% apple/ fruits 2. Yoghurt with muesli/fruits
18.12.2024	Clabatta with Philadelphia, chicken fillet/ cheese/ tomato/ tea Ciabatta with Philadelphia/ cheese/ tomato/ tea	Banana	Shepherd's salad/ Salad with chinese cabbage, beetroot and vinaigrette sauce	Boiled veal Soup/ <i>Pumpkin cream soup/ croutons</i>	Marinated chicken juliennes with Alfredo sauce and pickles/ Grilled meatball with home-made country-style cardoons/ <i>Baked cauliflower with cheese</i>	Fruit yoghurt with chia	1. Easter bread/ Milk/ Fruits 2. Yoghurt with cornflakes/fruits
19.12.2024	Banitsa/ yoghurt drink	Vegetable sticks dipped in lemon juice	Mixed salad with cheese plate/ Apple and carrot salad with pumpkin seeds	<i>Red lentil cream soup / croutons</i>	Fillet of trout with bean puree, pumpkin and tahini garnish/ Fish croquettes with sautéed vegetables garnish	Dried fruits in syrup	1. Apple strudel/ Iced tea/ Fruit 2. Yoghurt with muesli/fruit
20.12.2024	Combined breakfast / butter, ham, cheese, jam, egg, olives, tomatoes, cucumber, wholemeal bread/ tea	Kiwi	Royal pickle/ Shopska salad	Bavarian soup / <i>Tomato soup</i>	Risoni with meat 100%/ Christmas turkey with tasty filling and gravy / mashed potatoes / <i>stuffed dry peppers with beans</i>	Small cake	1. Christmas muffins/ milk/ Fruits 2. Yoghurt with cornflakes/fruit

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.