



St. George Preschool
Menu December 2024
3 - 6 years old

date	Breakfast	snack	Soup	Main meal	dessert	Afternoon breakfast
02.12.2024	Baked sandwich with yellow cheese and pork fillet/ tea Baked sandwich with yellow cheese/ tea	Apple	Creamy brussels sprouts soup/ croutons	Shepherd's pie/ Salad of cucumbers and olives/ Vegetarian rissoles of quinoa and sweet potato	Flan	Muffin with carrots and goji berry/ Milk/ Fruits
03.12.2024	Ciabatta with Philadelphia/ chicken fillet/ cheddar/ tomato/ tea Ciabatta with Philadelphia/ tomato/ tea	Banana	Minestrone	Pastitsio Bolognese/ Vegetable and potato roll with yoghurt sauce	Fruits	Baked croissant with chocolate filling/ Fruit smoothie/ Fruits
04.12.2024	Banitsa with white cheese/ yoghurt drink	Tangerine	Veal soup/ Creamy tomato soup/ croutons	Cabbage rolls stuffed with rice and vegetables/ Salad of tomatoes and white cheese	Fruit salad	Rice cakes with sun-dried tomatoes and garlic hummus/ Tea/ Fruits
05.12.2024	Cocoa puffs with milk	Vegetable sticks dipped in lemon juice	Vegetable creamy soup with sweet corn/ croutons	Pan-seared salmon/ Sautéed potatoes/ Salad	Fruit yoghurt pudding with chia seeds	Grilled sandwich with minced meat and yellow cheese/ Tea/ Fruits
06.12.2024	Fruit muesli with yoghurt	Kiwi	Vegetable soup with quinoa	Pizza with tomatoes, chicken fillet, mozzarella, yellow cheese/ Pizza quattro formaggi/ Salad	Fruits	Easter bread/ Milk/ Fruits
09.12.2024	Macaroni with butter and white cheese/ tea	Apple	Tarator	Veal meatballs with penne, pesto, parmesan and basil/ Risotto with mushrooms	Fruits	Biscuit cake/ Fruit smoothie/ Fruits
10.12.2024	Cocoa puffs with milk	Tangerine	Creamy green beans soup/ croutons	Sesame chicken tenders with a side of rice and vegetables/ Salad of roasted red peppers and tomatoes/ Mish-mash	Baked pumpkin	Grilled sandwich with yellow cheese and olives/ Fruit juice 100% orange/ Fruits
11.12.2024	Baked doughnuts/ yoghurt drink	Banana	Chicken soup with lemon/ Vegetarian borscht soup	Potato stew/ Hummus salad	Fruit yoghurt pudding with chia seeds	Baked croissant with butter/ Tea/ Fruits
12.12.2024	Ciabatta with butter/ mozzarella/ turkey fillet/ cucumber/ tea Ciabatta with butter/ mozzarella/ cucumber/ tea	Vegetable sticks dipped in lemon juice	Creamy soup of cauliflower and parmesan/ croutons	Paella with vegetables and fish/ Steamed vegetables	Baked apples with cinnamon pastry cream	Pumpkin pie/ Cocoa milk/ Fruits
13.12.2024	Sliced bread with marmalade/ milk	Tangerine	Creamy vegetable soup with amaranth/ croutons	Spaghetti Bolognese with minced meat/ Spaghetti with mozzarella, arugula, cherry tomatoes and parmesan	Fruit salad	Muffin with cream cheese and blueberries/ Yoghurt drink/ Fruits
16.12.2024	Stars shaped pasta with butter and white cheese/ tea	Apple	Vegetable soup	Chicken quattro formaggi with a side of steamed corn in butter/ Colorful salad of beetroot, carrots and cabbage/ Shakshuka	Fruits	Grilled sandwich with minced meat and yellow cheese / Fruit juice 100%/ Fruits
17.12.2024	Sandwich with white cheese and butter pate/ tea	Orange	Creamy soup of roasted red peppers/ croutons	Schnitzel with a side of roasted vegetables/ Mexican salad/ Creamy polenta with white cheese	Semolina halva	Biscuits/ Fruit juice 100% apple/ Fruits
18.12.2024	Ciabatta with Philadelphia/ chicken fillet/ cheddar/ tomato/ tea Ciabatta with Philadelphia/ cheddar/ tomato/ tea	Banana	Beef and vegetables soup/ Creamy pumpkin soup	Baked cauliflower with white and yellow cheese/ Shepherd's salad	Fruit yoghurt pudding with chia seeds	Easter bread/ Milk/ Fruits
19.12.2024	Banitsa with white cheese/ yoghurt drink	Vegetable sticks dipped in lemon juice	Creamy red lentils soup/ croutons	Fish croquettes with a side of mashed beans, pumpkin and tahini/ Salad of apples, carrots and pumpkin seeds	Dried fruits in sweet syrup	Apple strudel/ Iced tea/ Fruits
20.12.2024	Grilled sandwich with yellow cheese/ cucumber/ tea	Kiwi	Tomato soup	Christmas turkey with stuffing and Gravy sauce/ Mashed potatoes/ Shopska salad/ Stuffed red peppers with beans	Butterscotch pastry	Christmas muffins/ 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.

Coordinated with Technologist Liberty Food

Prepared by : The SGP Medical Team