



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

date	Breakfast	snack	soup	Main meal	dessert	Afternoon breakfast
01.11.2024	Fruit muesli with yoghurt	Kiwi	Potato cream soup/ croutons	Grilled meatballs with a side of white rice/ salad of tomatoes and cucumbers	Fruit	Sandwich with avocado and cheese dip/ tea/ fruits
04.11.2024	Grilled French toast/ tomato/ tea	Apple	Garden soup	Fettucine Carbonara/ <i>Fettucine with spinach, mozzarella, arugula and cherry tomatoes</i>	Baked pumpkin	Beetroot brownies/ milk/ fruits
05.11.2024	Banitsa with white cheese/ yoghurt drink	Banana	Beans soup	Veal stew / <i>Poaches eggs with yoghurt sauce</i>	Yoghurt pudding with chia and strawberries	Baked croissant with chocolate filling/ tea/ fruits
06.11.2024	Cornflakes with milk	Pear	<i>Soup of vegetables and meatballs/ Tomato cream soup/ croutons</i>	Vegetable stew/ Snezhanka salad	Oven baked sweet macaroni	Baked bun with cheese/ tea / fruits
07.11.2024	Ciabatta with Philadelphia, chicken fillet/ cheddar/ tomato/tea <i>Ciabatta with Philadelphia/ cheddar/ tomato/ tea</i>	Kiwi	Peas cream soup with mint/ croutons	Pan seared salmon with a side of steamed vegetables/ Greek salad	Chocolate mousse	Baked cheesecake/ cocoa milk/ fruits
08.11.2024	Muesli with fruits/ yoghurt	Vegetable sticks dipped in lemon juice	Minestrone	Pizza with tomato sauce, chicken fillet, pickles, mozzarella, cheese/ <i>Pizza Margherita</i>	Caramelised apple	Viennese dessert/ apple juice 100%/ fruits
11.11.2024	Macaroni with white cheese and butter/ tea	Apple	Spinach cream soup/ croutons	Sesame crusted chicken tenders with a side of steamed cauliflower and buttered corn/ Salad/ <i>Lentils stew</i>	Fruit salad	Banana pound cake/ yoghurt drink/ fruits
12.11.2024	Bread with cheese pate and tomato/ tea	Pear	Pumpkin cream soup/ croutons	Steamed beef with white rice/ Salad with cucumbers/ <i>Ravioli with spinach and ricotta</i>	Fruits	Rice cakes with hummus of avocado and white cheese/ yoghurt drink/ fruits
13.11.2024	Ciabatta with Philadelphia, turkey fillet/ cheese/ tomato/ tea <i>Ciabatta with Philadelphia/ cheese/ tomato/ tea</i>	Vegetable sticks dipped in lemon juice	Soup with vegetables and rabbit meat/ <i>Tarator</i>	<i>Breaded cheese with a side of vegetables/ Mexican salad</i>	Yoghurt pudding with chia and strawberries	Pumpkin pie/ cocoa milk/ fruits
14.11.2024	Cereal choco balls with milk	Banana	Beans soup	White fish with a side of sauteed potatoes/ Caprese salad with egg and pesto	Chocolate cream pudding	Croissant with white cheese/ fruit juice 100%/ fruits
15.11.2024	Grilled sandwich with egg and white cheese/cucumber/ tea	Kiwi	Spinach cream soup/ croutons	Lasagna Bolognese/ <i>Lasagna with spinach, cheese and mozzarella</i>	Fruits	Biscuits/ iced tea/ fruits
18.11.2024	Cous-cous with butter and white cheese/ tea	Apple	Vegetable soup with noodles	Pulled pork with a side of roasted potatoes/ <i>Risotto with mushrooms</i>	Pumpkin mousse	Baked croissant with butter/ smoothie with banana/ fruits
19.11.2024	Baked doughnuts/ yoghurt drink	Pear	Tarator	<i>Shepherd's pie/ Lentils stew</i>	Yoghurt pudding with chia and strawberries	Cake of spelt flour with dark chocolate/ milk/ fruits
20.11.2024	Cornflakes with milk	Banana	Chicken soup with noodles/ <i>Milk soup</i>	Chili con carne with beef / <i>Roasted bell peppers stuffed with eggs and white cheese/ yoghurt sauce</i>	Fruits	Savory muffin/ fruit juice 100%/ fruits
21.11.2024	Grilled sandwich with egg and cheese/ tea/ fruits	Vegetable sticks dipped in lemon juice	Beans soup	Farfalle with fish, tomato sauce, pesto and parmesan	Milk with banana semolina	Easter bread/ milk/ fruits
22.11.2024	Bread with marmalade/ milk	Kiwi	Potato cream soup/ croutons	Gyros with chicken meat/ Salad/ <i>Giros with vegetables</i>	Fruit salad	Marbled pound cake/ fruit juice 100%/ fruits
25.11.2024	Stars shaped pasta with butter and white cheese/ tea	Apple	Lentils soup	Grilled chicken tenders with a side of steamed corn in butter/ Salad of tomatoes and white cheese / <i>Rice with tomatoes and olives</i>	Fruit salad	Easter bread croissant/ tea/ fruits
26.11.2024	Grilled sandwich with turkey fillet, cheese and cucumber/ tea <i>Grilled sandwich with egg and cheese/ tea</i>	Orange	Pumpkin cream soup/ croutons	Spaghetti Bolognese with minced meat/ <i>Spaghetti with arugula, cherry tomatoes, white sauce and parmesan</i>	Flan with pumpkin	Carrot cake muffin/ milk/ fruits
27.11.2024	Cereal choco balls with milk	Banana	Chicken soup/ <i>Minestrone</i>	<i>Bell peppers stuffed with rice/ yoghurt</i>	Fruits	Caramel apple pie/ fruit juice 100%/ fruits
28.11.2024	Banitsa/ yoghurt drink	Kiwi	Carrot cream soup/ croutons	Fish croquettes with a side of sauteed vegetables/ Potato salad	Cheesecake with blueberries	Grilled sandwich with minced meat and cheese/ tea/ fruits
29.11.2024	Oats with fruits/ milk	Kiwi	Soup of potatoes and cream cheese	Frikadelle with minced meat, chef sauce and a side of sauteed potatoes/ <i>Ratatouille</i>	Yoghurt pudding with chia and strawberries	Crackers with hummus of sun-dried tomatoes and garlic/ tea/ 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