

St. George International School
November 2024

Date	Breakfast	10 AM snack	Salad	Soup	Lunch	Dessert	Afternoon snack
04/11/2024	Grilled French toast/ tomato/ tea	Apple	Spinach with quinoa and tomatoes, roasted pepper, egg, cheese with mustard sauce/ Cabbage and carrot salad with dressina	Pork borsch Soup / Garden soup	Chicken flakes with cornflakes and stewed corn/ Fettucine Carbonara/ Fettucine with spinach, mozzarella, arugula and cherry tomatoes	Baked pumpkin	Beetroot brownies/ milk/ fruits/ Cornflakes with yogurt
05/11/2024	Banitsa with white cheese/ yoghurt drink	Banana	"Iceberg" salad with cucumbers and parmesan/ Eggplant caviar with sour cream	Turkey soup/ Beans soup	Veal stew / Viennese schnitzel with mashed potatoes / Poached eggs with yoghurt and cheese	Yoghurt pudding with chia and strawberries	Baked croissant with chocolate/ tea/ fruits/ Cornflakes with yogurt
06/11/2024	Cornflakes with milk	Pear	Snezhanka salad/ Avocado "Caprese" with cherry tomatoes and basil	Soup of vegetables and meatballs/ Tomato cream soup/ croutons	Stewed rabbit meat garnished with three types of puree/ Grilled chicken steak with stewed broccoli, cauliflower and carrots/ Lean stew	Oven baked sweet macaroni	Baked bun with cheese/ tea/ fruits/ Cornflakes with yogurt
07/11/2024	Ciabatta with Philadelphia, chicken fillet/cheddar/ tomato/tea Ciabatta with Philadelphia/ cheddar/ tomato/ tea	Kiwi	Greek salad/ Cucumber and olive salad	Peas cream soup with mint/ croutons	Pan seared salmon with a side of steamed vegetables/ Penne rigate with salmon and sun-dried tomatoes	Chocolate mousse	Baked cheesecake/ cocoa milk/ fruits/ Cornflakes with yogurt
08/11/2024	Combined breakfast / butter, pork fillet, yellow cheese, jam, egg/ Tea	Vegetable sticks dipped in lemon juice	Tabbouleh salad/ Roasted pepper salad with tomatoes and cheese	Fish soup/ Mushroom soup	Beef meatballs garnished with mashed potatoes/ Pizza with tomato sauce, chicken fillet, pickles, mozzarella, cheese/ Pizza Margherita	Caramelised apple	Viennese dessert/ apple juice 100%/ fruits/ Cornflakes with yogurt
11/11/2024	Macaroni with white cheese and butter/ tea	Apple	Cabbage and carrot salad/ Aranged salad with a slice of cheese	Boiled pork soup/ Spinach cream soup/ croutons	Chicken flakes with sesame garnished with stewed cauliflower and corn in butter/ Moussaka with 100% minced meat/ yogurt/ Lentils stew	Fruit salad	Banana pound cake/ yoghurt drink/ fruits/ Cornflakes with yogurt
12/11/2024	Rhodope breakfast with tomato/ Tea	Pear	"Iceberg" salad with cucumbers/ Tabbouleh salad	Lemon chicken soup/ Pumpkin cream soup/ croutons	Grilled kebabs garnished with broccoli / Steamed beef with white rice/ Ravioli with spinach and ricotta	Fruits	Rice cakes with hummus of avocado and white cheese/ yoghurt drink/ fruits/ Cornflakes with yogurt
13/11/2024	Ciabatta with Philadelphia, turkey fillet/ cheese/ tomato/ tea Ciabatta with Philadelphia/ cheese/ tomato/ tea	Vegetable sticks dipped in lemon juice	Pickles with cream cheese and egg/ Mexican salad	Rabbit meat soup/ Tarator	Grilled chicken fillets with rustic potatoes/ Pork goulash/ Breaded cheese with a side of vegetables	Yoghurt pudding with chia and strawberries	Pumpkin pie/ cocoa milk/ fruits/ Cornflakes with yogurt
14/11/2024	Cereal choco balls with milk	Banana	Salad with carrots, apples and lemon/pumpkin seeds/ Caprese salad with egg, basil pesto and croutons	Beans soup	White fish with a side of sauteed potatoes/ Grilled mackerel fillet with sauteed potatoes	Chocolate cream pudding	Croissant with white cheese/ fruit juice 100%/ fruits/ Cornflakes with yogurt
15/11/2024	Combined breakfast / butter, turkey fillet, yellow cheese, jam, egg, cucumber/ Tea	Kiwi	Caesar salad with chicken/ Salad with broccoli and sesame	Bavarian soup/ Spinach cream soup/ croutons	Turkey meat with vegetables/ Lasagna Bolognese/ Lasagna with spinach, cheese and mozzarella	Fruits	Biscuits/ iced tea/ fruits/ Cornflakes with yogurt
18/11/2024	Cous-cous with butter and white cheese/ tea	Apple	Salad of fresh cucumbers and "Tzatziki" sauce/ Aranged salad	Turkey soup/ Vegetable soup with noodles	Beef meatballs with penne and pesto with permesan and basil/ Pulled pork with a side of roasted potatoes/ Risotto with mushrooms	Pumpkin mousse	Baked croissant with butter/ smoothie with banana/ fruits/ Cornflakes with yogurt
19/11/2024	Baked doughnuts/ yoghurt drink	Pear	"Iceberg" salad with cherry tomatoes and parmesan/ Quatack	Pork borsch Soup/ Tarator	Chicken nuggets with sesame garnished with stewed vegetables in butter/ Shepherd's pie/ Shakshuka with onions and peppers	Yoghurt pudding with chia and strawberries	Cake of spelt flour with dark chocolate/ milk/ fruits/ Cornflakes with yogurt
20/11/2024	Cornflakes with milk	Banana	Green salad with cherry tomatoes and cucumber/ Tricolor salad	Chicken soup with noodles/ Milk soup	Pork with fresh cabbage/ Chili con carne with beef/ Roasted bell peppers stuffed with eggs and white cheese/ yoghurt sauce	Fruits	Savory muffin/ fruit juice 100%/ fruits/ Cornflakes with yogurt
21/11/2024	Grilled sandwich with egg and cheese/ tea/ fruits	Vegetable sticks dipped in lemon juice	Shopska salad/ Cabbage salad with carrots	Beans soup	Breaded white fish garnished with baby potatoes with rosemary/ Farfalle with fish, tomato sauce, pesto and parmesan	Chocolate cream pudding/ Milk with banana semolina	Easter bread/ milk/ fruits/ Cornflakes with yogurt
22/11/2024	Combined breakfast / butter, pork fillet, cheese, jam, egg, olives, tomatoes/ tea	Kiwi	Shepherd's salad/ Green salad, arugula, cherry tomatoes and parmesan	Rabbit meat soup/ Potato cream soup/ croutons	Gyros with chicken meat/ Kritaraki with tomato sauce and minced meat/ Giros with vegetables	Fruit salad	Marbled pound cake/ fruit juice 100%/ fruits/ Cornflakes with yogurt
25/11/2024	Stars shaped pasta with butter and white cheese/ tea	Apple	Caprese with egg, mozzarella and basil pesto/ Green salad with cucumbers and radishes	Thick beef soup/ Lentils soup	Moussaka with 100% minced meat/ Grilled chicken tenders with a side of steamed corn in butter/ Rice with tomatoes and olives	Fruit salad	Easter bread croissant/ tea/ fruits/ Cornflakes with yogurt
26/11/2024	Grilled sandwich with turkey fillet, cheese and cucumber/ tea Grilled sandwich with egg and cheese/ tea	Orange	Snezhanka salad/ Mixed salad	Boiled pork soup/ Pumpkin cream soup/ croutons	Turkey stew/ Spaghetti Bolognese with minced meat/ Spaghetti with arauula, cherry tomatoes, white sauce and parmesan	Flan with pumpkin	Carrot cake muffin/ milk/ fruits/ Cornflakes with yogurt
27/11/2024	Cereal choco balls with milk	Banana	Tomatoes with cheese/ Vitamin salad	Chicken soup/ Minestrone	Baked pork with rice/ Roasted rabbit meat garnished with mashed potatoes/ Bell peppers stuffed with rice/ voahurt	Fruits	Caramel apple pie/ fruit juice 100%/ fruits/ Cornflakes with yogurt
28/11/2024	Banitsa with white cheese/ yoghurt drink	Kiwi	Bean salad/ Potato salad	Carrot cream soup/ croutons	Grilled trout fillet garnished with steamed corn/ Fish croquettes with a side of sauteed vegetables	Cheesecake with blueberries	Grilled sandwich with minced meat and cheese/ tea/ fruits/ Cornflakes with yogurt
29/11/2024	Combined breakfast / butter, pork fillet, cheese, jam, egg, olives, cucumber/ tea	Kiwi	Shopska salad/ Roasted red pepper salad with marinade	Rabbit soup with nettles/ croutons/ Soup with melted cheese and potatoes	Beef meat with vegetables / Frikadelle with minced meat, chef sauce and a side of sauteed potatoes/ Ratatouille	Yoghurt pudding with chia and strawberries	Crackers with hummus of sun-dried tomatoes and garlic/ tea/ fruits/ Cornflakes with yogurt

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.