

Date	Breakfast	10 AM snack	Salad	Soup	Lunch	Dessert	Afternoon snack
06.01.2025	Pasta stars with butter and cheese/ Tea	Apple	Roasted red pepper hummus / bruschetta / Cabbage and carrot salad	Clear pork soup/ Tarator	Stewed juicy veal meat with a garnished with vegetables with butter / Shepherd's Pie/Zucchini roll with cream cheese and red peppers	Baked pumpkin	1. Gingerbreads / yogurt drink/ Fruits 2. Cornflakes with yogurt
07.01.2025	Cheese Pie/ Yogurt drink	Orange	Shepherd's salad/Italian green salad with pasta and tuna	Lamb soup/ Creamy red lentil soup / Croutons	Baked Pork with cabbage/Grilled Chicken Bon Fillets with rizi-bizzy/ Shakshuka with onions and peppers	Cheesecake	1.Freshly baked muffin with butter/ milk with cocoa/ Fruit 2. Cornflakes with yogurt
08.01.2025	Warm sandwich with fillet and yellow cheese/cucumber/ Tea Warm sandwich with yellow cheese/cucumber /Tea	Banana	Potato salad / Salad with cucumbers and olives with "Vinaigrette" sauce	Chicken soup / Milk soup with egg and cheese	Pasticcio "Bolognese" / Baked pork shank stuffed with melted cheese and vegetables garnished with penne/ Rice meatballs with parsley and cheese with fresh garnish	Fruits	1. Marble cake/ yogurt drink/ Fruits 2.Cornflakes with yogurt
09.01.2025	Oatmeal with yoghurt/fruit and coconut	Vegetable sticks with lemon juice	Eggplant caviar with strained yogurt/ Iceberg salad with cucumbers	Cream soup of carrots, cauliflower and Parmesan/ Croutons	Fish croquettes/ Breaded white fish / Stewed baby potatoes with rosemary/ Grilled vegetables	Cocoa cream	1. Easter roll with rosehip marmalade/ Fruit juice/ Fruits 2. Cornflakes with yogurt
10.01.2025	Combined breakfast / butter, cheese, chicken fillet, egg, olive jam/Tea	Tangerine	Venetian salad/ Tzatziki salad with pickles	Boiled veal soup/ Tomato soup	Chicken stew / Lasagna with minced meat and bechamel sauce/ Spinach lasagna	Baked apples with cinnamon cream	1. Pumpkin pie / Yogurt drink / Fruit 2. Cornflakes with yogurt
13.01.2025	Macaroni with cheese and butter / Tea	Apple	Green salad with cherry tomatoes and egg / Roasted red pepper dip with cheese	Rabbit meat borscht/ Vegetable soup	Pork with green beans/ yoghurt/ Chicken flakes with poached egg and parsley/ rustic potato topping/ Vegetarian quinoa and sweet potato meatballs	Fruits	1. Homemade biscuit roll/ Fresh squeezed orange juice/ Fruits 2. Cornflakes with yogurt
14.01.2025	Baked buns/ Yogurt drink	Kiwi	Köpala / Salad with carrots, radishes and celery	Fish soup /Cream of Cauliflower Soup/ Croutons	Turkey meat with rice/ Meatballs with sauce "Boss" root vegetables / Breaded Cheese	Semolina halva with raisins	1. Muffin with carrots and goji berries/ yogurt drink/ Fruits 2.Cornflakes with yogurt
15.01.2025	Chabata with Philadelphia, chicken fillet / cheddar cheese / tomato / Chabata with Philadelphia / cheddar cheese, tomato / tea	Banana	Salad "Nisoise"/ Mexican salad	Thick Beef Noodle Soup/ Spinach soup	Marinated chicken tenders with "Alfredo" sauce and pickles/ Pulled pork with carrot puree and parsnip garnish/ Nyoki a la sorrento	Fruit Salad	1. Easter bread/ fresh milk/ Fruits 2.Cornflakes with yogurt
16.01.2025	Club Sanwich / Tea	Vegetable sticks with lemon juice	Salad with apples and carrots and lemon dressing/Salad with tomatoes, olives and cheese	Bean soup	Oven-roasted mackerel in tomato sauce/ Grilled trout fillet with corn/ Vegetable pastizio	Banana mousse	1.Fruit cake/ Yogurt drink/ Fruit 2. Cornflakes with yogurt
17.01.2025	Choco balls cereal/ fresh milk	Tangerine	Caesar salad / Roasted red pepper salad with parsley and dressing	Lemon Chicken Soup/ Potato cream soup/ Croutons	Beef Stew/ Garganelli Bolognese / Garganelli with arugula, cherry tomatoes and parmesan	Baked pumpkin	1. Cheese croissant / apple juice/ Fruits 2. Cornflakes with yogurt
20.01.2025	Pasta orzo with tomatoes and cheese/ Tea	Apple	Green salad, arugula, cherry tomatoes and permesan / Cabbage and carrots with milk sauce	Pork shank soup / Cream soup of broccoli / croutons	Chicken roulades with crispy vegetables/ Cabbage sarmi with minced meat/ Lean cabbage sarmi	Fruit yogurt with chia and strawberries	1.Warm sandwich with egg and cheese / Tea / Fruit 2. Cornflakes with yogurt
21.01.2025	Sandwich with butter / mozzarella / turkey fillet / tomato / Tea Sandwich with Butter / mozzarella / Tomato / Tea	Kiwi	"Iceberg" salad with chicken fillet and blueberry dressing/ Quatak	Duck meat soup with noodle / Monastery style Lentil soup	Stuffed kibbe with penne with spinach sauce/ Marinated pork with crispy country potatoes /Lean peppers with eggs and cheese/ Milk sauce	Fruits	1. Salty muffin / fresh milk / Fruits 2.Cornflakes with yogurt
22.01.2025	Slice with avocado dip/ boiled egg and cherry tomatoes/ tea	Banana	Tricolor salad/ Greek salad	Salmon soup/ Tarator	Chili con carne with veal meat/ Cordon bleu garnished wiyh beans with lutenica / Mish-Mash	Baked sweet macaroni	1. Baked cheesecake / Hot chocolate / fruit 2. Cornflakes with yogurt
23.01.2025	Cheese Pie/ Yogurt drink	Vegetable sticks with lemon juice	Tuscan salad with white beans, sun-dried tomatoes, arugula and cherry tomatoes / Tomatoes with cheese	Cream of pea soup with mint/ Croutons	Crispy fish fillets with herb garlic paste/ Farfalle with fish, tomato sauce, pesto and parmesan	Baked pumpkin with honey	1. Brownies / fruit juice apple / fruits 2. Cornflakes with yogurt
24.01.2025	Combined breakfast / butter, cheese, chicken fillet, egg, olives, jam/ Tea	Orange	Shopska salad/ Salad with cheese and egg and pickles	Meatballs soup/ Borscht soup	Tas kebab with turkey meat garnished with mixed stewed vegetables/ Burger with pulled pork, caramelized onions, sauce, iceberg/ Vegetarian burger with potato meatball, sauce, caramelized onion, iceberg	Fruit Salad	1. Muffin with fruit/ Banana smoothie/ Fruit 2. Cornflakes with yogurt
27.01.2025	Cornflakes with fresh milk	Apple	Caprese with egg, mozzarella and basil pesto/ Green salad with radishes and cucumbers	Chicken noodle soup/ Spinach and rice soup	Juicy stewed beef meat with mushroom sauce garnished with stewed vegetables/ Moussaka with minced meat/ Vegetarian sarma	Fruits	1. Sandwich with butter and fillet/ yogurt drink/ fruits 2. Cornflakes with yogurt
28.01.2025	Toasted bread with ground meat and yellow cheese/ Tea Toasted bread with yellow cheese /Tea	Kiwi	Salad "TABLE"/Salad with egg, cheese and pickles	Rabbit meat soup/ Colorful garden soup	Oven-baked pork meat with rice / Chicken stew / Meatballs with spinach and cottage cheese / yogurt sauce	Baked apples	1.Freshly baked muffin with chocolate / fruit juice orange / fruits 2.Cornflakes with yogurt
29.01.2025	Baked buns/ Fresh milk with cocoa	Banana	Tzatziki salad / Aranged salad with a slice of cheese	Clear Beef Soup/ Tomato soup	Rabbit meat with vegetables/ Viennese schnitzel garnished with mashed potatoes / Vegetarian schnitzel with stewed corn	Yogurt cream with chia and blueberries	1. Sandwich with avocado dip / Ice tea / Fruit 2. Cornflakes with yogurt
30.01.2025	Warm pizza sandwich / tea	Banana	Milk salad with pickles/ Mixed green salad with chicken fillet, cherry tomatoes and quinoa	Creamy carrot soup/ Croutons	Grilled mackerel fillet served with pasta with basil pesto / Salmon / Sauteed potatoes	Caramel custard	1. Strudel with apples /Fresh milk with cocoa/ Fruit 2. Cornflakes with yogurt
31.01.2025	Combined breakfast / butter, cheese, chicken fillet, egg, olive jam/Tea	Orange	Iceberg salad, cherry tomatoes and quinoa/ Winter salad with vegetables	Turkey meat soup / Colorful garden soup	Marinated pork shank with mashed potatoes/ Pizza with tomato sauce, chicken fillet, mozzarella, olives and mushrooms / Pizza with tomato sauce, mozzarella, dried tomatoes, green peppers and mushrooms	Fruit Salad	1.Salty muffins/fruit juice, Fruits 2. Cornflakes with 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."