



St. George Preschool
Menu January 2025
2 - 3 years old

date	Breakfast	snack	Soup	Main meal	dessert	Afternoon snack
06.01.2025	Pasta mixed with butter and white cheese/ Tea	Apple	Tarator	Shepherd's pie	Baked pumpkin	Grilled sandwich with yellow cheese, white cheese and egg/ Yoghurt drink/ Fruits
07.01.2025	Banitsa with white cheese/ Yoghurt drink	Orange	Red lentils cream soup/ Croutons	Grilled chicken tenders with a side of rice with vegetables/ Shepherd's salad	Fruit yoghurt with chia seeds and blueberries	Croissant with butter/ Milk/ Fruits
08.01.2025	Grilled sandwich with yellow cheese and cucumber/ Tea	Banana	Soup of vegetables, meatballs and noodles	Vegetarian meatballs of rice, parsley and yellow cheese with a side of vegetables/ Salad of cucumbers and olives with Vinaigrette sauce	Fruits	Bun with yellow cheese/Banana smoothie/ Fruits
09.01.2025	Oatmeal with yogurt, fruit and coconut shavings	Vegetable sticks dipped in lemon juice	Carrot and cauliflower cream soup with parmesan/ Croutons	Fish croquettes/ Steamed baby potatoes with rosemary/ Iceberg salad with cucumbers	Vanilla pudding	Easter bread roll with rosehip marmalade/ Fruit juice 100%/ Fruits
10.01.2025	Cornflakes with milk	Tangerine	Tomato soup	Lasagna with minced meat and Beshamel sauce/ Lasagna with spinach	Baked apples with cinnamon cream	Pumpkin pie/ Tea/ Fruits
13.01.2025	Macaroni mixed with butter and white cheese/ Tea	Apple	Vegetable soup	Chicken tenders covered in cornflakes with a side of baked potatoes / Green salad with cherry tomatoes and egg	Fruits	Homemade biscuit roll/ Orange juice 100%/ Fruits
14.01.2025	Doughnuts / Yoghurt drink	Orange	Cauliflower cream soup/ Croutons	Turkey meat with rice / Iceberg salad with cucumbers	Semolina with raisins	Carrot muffin with goji berry/Banana smoothie/ Fruits
15.01.2025	Ciabatta with Philadelphia, Cheddar and cucumber/ Tea	Banana	Soup of veal meat, vegetables and noodles	Gnocchi alla Sorrenta/ Mexican salad	Fruit salad	Easter bread/ Milk/ Fruits
16.01.2025	Sandwich with jam and butter/ Tea	Vegetable sticks dipped in lemon juice	Beans soup	Pastitsio with white fish/ Salad of apples, carrots and pumpkin seeds	Banana mousse	Fruits pound cake/Yoghurt drink/ Fruits
17.01.2025	Cornflakes with milk	Tangerine	Potato cream soup/ Croutons	Garganelli "Bolognese"	Baked pumpkin	Bun with yellow cheese/ Apple juice 100%/ Fruits
20.01.2025	Pasta "Orzo" with tomatoes and cheese/ Tea	Apple	Broccoli cream soup/ Croutons	Chicken roulade with vegetables/ Cabbage and carrots with milk sauce	Fruit yoghurt with chia seeds and blueberries	Grilled sandwich with yellow cheese and egg/ Milk/ Fruits
21.01.2025	Sandwich with butter, mozzarella and cucumber / Milk	Tangerine	Thick lentils soup	Marinated pork with a side of oven baked potatoes/ Roasted red peppers in yoghurt sauce with white cheese	Fruits	Savoury pound cake / Yoghurt drink/ Fruits
22.01.2025	Muesli with yoghurt	Banana	Soup of salmon and vegetables	Mish-mash/ Greek salad	Fruit salad	Baked cheesecake/ Tea/ Fruits
23.01.2025	Banitsa with white cheese/ Yoghurt drink	Vegetable sticks dipped in lemon juice	Peas cream soup with mint/ Croutons	Fish fingers with herbs and garlic paste/ Salad of tomatoes and white cheese	Baked pumpkin	Sandwich with avocado dip, boiled egg and cherry tomatoes/Banana smoothie/ Fruits
24.01.2025	Grilled sandwich with yellow cheese and cucumber/ Tea	Orange	Borscht soup	Burger with pulled pork, caramelised onions, sauce, Iceberg/ Shopska salad	Fruits	Fruit muffin/ Milk/ Fruits
27.01.2025	Cornflakes with milk	Apple	Thickened spinach and rice soup	Moussaka with 100% minced meat/ Green salad with radishes and cucumbers	Fruits	Sandwich with jam and butter/ Orange juice 100%/ Fruits
28.01.2025	Baked slice of bread with yellow cheese/ Tea	Tangerine	Vegetable soup	Baked pork with rice	Baked apple	Marbled pound cake/Yoghurt drink/ Fruits
29.01.2025	Doughnuts/Yoghurt drink	Banana	Soup of vegetables and veal meat	Vegetarian schnitzel with a side of steamed corn/ "Snezhanka" salad	Fruit yoghurt with chia seeds and blueberries	Sandwich with avocado dip/ Tea/ Fruits
30.01.2025	Grilled "French" sandwich and cucumber/ Tea	Vegetable sticks dipped in lemon juice	Carrot cream soup/ Croutons	Baked salmon with sauteed potatoes/ Mexican salad	Flan	Easter bread/ Milk/ Fruits
31.01.2025	Sandwich with marmalade/ Milk	Orange	Vegetable soup	Pizza with tomato sauce, chicken fillet, mozzarella, olives and mushrooms	Fruit salad	Savoury muffins/ Fruit juice 100 %/ Fruits

The menu has been prepared in accordance with ORDER 6 of 10.08.2011 for the healthy nutrition of children from 3 to 7 years old in kindergartens and children's kitchens. Note: All products on the menu are in accordance with the regulations on specific food safety and quality requirements offered in kindergartens. Namely: bread, pasta and potatoes products are low in fat, salt and sugar. Fruit and vegetables are fresh, preferably frozen and dried, instead of sterilized / they should be low in salt, sugar, fat, synthetic colors, preservatives, etc. / Fruit juices are 100%. Jams and marmalades are over 60% fruit content and less than 50% sugar content. Twice a week we offer milk and yoghurt with a fat content of 2%, the rest does not have with fat content of 3.6%. Butter is salt free. Meat and meat products are free of tendons, fat and bones. Minced meat is veal or a mixture of veal 60% and pork 40%. No skin or chicken meat. Fish is preferably fresh, boneless, low salt eggs. Eggs are fresh, stored under refrigerated conditions. Children are offered Dobruha wheat bread. All products used for children's nutrition are consistent with the Bulgarian Institute for Standardization.

Our menu is prepared by food technologist and coordinated with St. George Preschool medical staff

List of potential food allergens:

- Cereals containing gluten: wheat, rye, barley, oats, spelt (type of wheat), commute (type of durum wheat) or their hybrid varieties, and products thereof
- Crustaceans and products thereof
- Egg and products thereof
- Fish and fishery products
- Peanuts and their products
- Soybean and soy products
- Milk and milk products
- Nuts: almonds, hazelnuts, walnuts, cashews, Brazil nuts, pistachios
- Celery and products thereof
- Mustard seed and its products
- Sesame seeds and products thereof
- Sulfur dioxide and sulphites: with a concentration exceeding 10 mg / kg or 10 mg / liter, expressed as total SO₂, to be calculated for products offered for consumption or returned to their original state according to the manufacturer's instructions