



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

| Date | Breakfast | Snack | Soup | Main meal | Dessert | Afternoon breakfast |
|-------------------------------------|--|-----------------------------------|--|--|---|---|
| 01/07/2025 | Sandwich with Philadelphia and cucumber/ Tea | Watermelon | Tarator | Beef tas-kebab with side of mashed potatoes/ Tabbouleh salad | Vanilla mousse | Pancake with blueberry jam/ Fruit smoothie/ Fruit |
| 02/07/2025 | Banitsa with white cheese/ Yoghurt drink | Nectarine | Chicken soup | Potato stew / Salad of Chinese cabbage, apples and Vinaigrette sauce | Fruits | Grilled mosaic sandwich/ Iced tea / Fruit |
| 03/07/2025 | Sandwich with spread of mixed butter, white cheese, savory and grated egg/ Tea | Vegetable sticks with lemon juice | Bean soup | Baked salmon with a side dish of steamed fresh potatoes with dill/ Tomato salad with white cheese | Vanilla ice cream | Baked cheesecake/ Tea/ Fruit |
| 04/07/2025 | Sandwich with butter, emmental and cucumber/ Tea | Melon | Vegetable soup | Spaghetti with tomatoes, chicken fillet, mozzarella and yellow cheese | Grapes | Cake/ Iced tea/ Fruit |
| 07/07/2025 | Stars shaped pasta with butter and white cheese/ Tea | Apple | Tarator | Moussaka with minced meat 100%/ Mish-mash / Salad with tomatoes and olives | Fluffy cream of strained yogurt and fresh blueberries | Baked muffin with butter/ Milk/ Fruit |
| 08/07/2025 | Cornflakes with milk | Nectarine | Red lentil cream soup/Croutons | Pork shank with a side of root vegetables/ Vegetarian drob sarma / Shepherd's salad | Chia pudding with raspberries | Sandwich with butter, yellow cheese and cucumber / Apple juice 100% / Fruit |
| 09/07/2025 | Crepes with strawberry jam/ Milk | Banana | Soup with turkey meat | Oven baked omelette with yellow and white cheese/ Salad of cucumber, tomato and white cheese | Vanilla cream | Sandwich with butter, chutney and cheese/ Milk/ Fruit |
| 10/07/2025 | Sandwich with Philadelphia and cucumber/ Tea | Vegetable sticks with lemon juice | Carrot and cauliflower cream soup with parmesan/ Croutons | Farfalle with fish, tomato pesto and basil / Caprese salad | Fruit ice cream | Muffin/ Iced tea/ Fruit |
| 11/07/2025 | Banitsa with white cheese/ Yoghurt drink | Watermelon | Nettle cream soup/Croutons | Pizza with tomatoes, chicken fillet, mozzarella and yellow cheese/ Shopska salad | Fruit salad | Sandwich with avocado and cheese dip/ Iced tea/ Fruit |
| 14/07/2025 | Cornflakes with milk | Apple | Creamy roasted red pepper soup with cheese/Croutons | Stewed beef with sauce and a side of pan-fried potatoes/ Tomato and olive salad | Yogurt cream with chia and blueberries | Baked sandwich with minced meat and yellow cheese/Iced Tea/Fruit |
| 15/07/2025 | Baked doughnuts/ Milk | Apricot | Milk soup with melted cheese | Sesame coated chicken fillets with a side of mashed cauliflowers/ Salad | Vanilla mousse with blueberries | Croissant with butter/ Milk/ Fruit |
| 16/07/2025 | Grilled sandwich with yellow cheese/ Tea | Watermelon | Soup with pork meat and noodles/ Tomato soup | Dobrudzha stew / Green salad with cucumbers and tomato | Banana mousse | Sweet banitsa/ Tea/ Fruit |
| 17/07/2025 | Sandwich with cheese pate, butter and egg/ Tea | Vegetable sticks with lemon juice | Lentil soup | Spaghetti with tomato sauce, basil and white fish / Mixed salad | Vanilla ice cream | Muffin with carrots and goji berries/ Yoghurt drink/ Fruits |
| 18/07/2025 | Oatmeal with banana and raisins | Nectarine | Mixed vegetable soup with seasoning | Casserole with pork meat/ Poached eggs with yoghurt sauce | Fruits | Bun with yellow cheese/ Apple juice 100%/ Fruit |
| 21/07/2025 | Cous-cous with butter and cheese/ Tea | Apple | Broccoli cream soup/ Croutons | Schnitzel with a side of risotto / Ratatouille / Greek salad | Fruit salad | Sandwich with avocado dip/ Fruit smoothie/ Fruit |
| 22/07/2025 | Sandwich with butter, grated yellow cheese and cucumber/ Tea | Melon | Tarator | Chicken Julienne with a side of mashed potatoes and carrots | Fruits | Crepes with cottage cheese and grated apple/ Iced tea/ Fruit |
| 23/07/2025 | Banitsa with white cheese/ Yoghurt drink | Banana | Soup with pork meat and vegetables/ Potato cream soup | Vegetable casserole/ Salad with cucumbers and cheese | Vanilla mousse | Baked muffin with butter/ Apple juice 100%/ Fruits |
| 24/07/2025 | Sandwich with Philadelphia and cucumber/ Tea | Vegetable sticks with lemon juice | Beans soup | Paella with white fish/ Iceberg with cherry tomatoes | Ice cream | Blueberry muffin/ Milk/ Fruit |
| 25/07/2025 | Yoghurt with oatmeal, grated apple and cinnamon | Nectarine | Brussels sprouts cream soup/ Croutons | Chicken burger with coleslaw sauce, iceberg salad and cheddar/ Milk salad | Watermelon | Oatmeal cookies with banana / Yoghurt drink / Fruit |
| 28/07/2025 | Cornflakes with milk | Apple | Carrot and cauliflower cream soup/ Croutons | Grilled meat kebabs with side of mashed potatoes / Stuffed vegetarian zucchini /Yoghurt / Salad of avocado, cucumbers and basil | Fruits | Baked cheesecake / Apple juice 100% / Fruit |
| 29/07/2025 | Banitsa with white cheese/ Yoghurt drink | Nectarine | Tarator | Cordon bleu with a side of pan-fried potatoes/ Patatnik with spinach, cream sauce and cheese/ Tomatoes with cheese | Watermelon | Sandwich with butter, cheese and cucumber/ Tea/ Fruit |
| 30/07/2025 | Baked French sandwich with olives/Iced tea | Melon | Soup with turkey meat and vegetables | Vegetarian casserole / Cucumber and radish salad | Fruit salad | Muffin with cream cheese and banana/ Fruit smoothie with yoghurt/ Fruit |
| 31/07/2025 | Crepes with fig jam/ Milk | Watermelon | Potato cream soup/ Croutons | Penne with white fish / Salad of baby spinach, cherry tomatoes and spring onions | Ice cream | Sandwich with egg spread/ Iced tea/ Fruit |
| Coordinated with Technologist "LFS" | | | Prepared by: Nurses | | | |