



St. George Preschool
Menu July 2025
3-6 years old

Date	Breakfast	Snack	Soup	Main meal	Dessert	Afternoon breakfast
01/07/2025	Sandwich with Philadelphia, turkey fillet, yellow cheese and cucumber/ Sandwich with Philadelphia, yellow cheese and cucumber/ Tea	Watermelon	Tarator	Beef tas-kebab with side of mashed potatoes/ Rice with olives and tomatoes / Tabbouleh salad	Chocolate mousse	Crepes with chocolate/ Fruit smoothie/ Fruit
02/07/2025	Banitsa with white cheese/ Yoghurt drink	Nectarine	Chicken soup/ Nettle cream soup/ Croutons	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	Beans soup	Baked salmon with a side of steamed potatoes with dill/ Tomato salad with white cheese	Vanilla ice cream	Baked cheesecake/ Tea/ Fruit
04/07/2025	Sandwich with butter, pork fillet, emmental and cucumber/ Sandwich with butter, emmental and cucumber / Tea	Melon	Vegetable soup	Spaghetti with tomatoes, chicken fillet, mozzarella, yellow cheese / Spaghetti quattro formaggi with spinach	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 of tomatoes and olives	Yoghurt cream with fresh strawberries	Baked muffin with butter/ Cocoa milk/ Fruit
08/07/2025	Choco cereal with milk	Nectarine	Red lentils cream soup/ Croutons	Pork shank with a side of roasted 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/ Cocoa milk	Banana	Soup with turkey meat/ Zucchini cream soup / Croutons	Oven baked omelette with yellow and white cheese / Salad of cucumber, tomato and white cheese	Cocoa cream	Brownies/ Milk/ Fruits
10/07/2025	Sandwich with Philadelphia, pork fillet and cucumber/ 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/ Pizza Margherita / Shopska salad	Fruit salad	Sandwich with avocado and cheese dip/ Iced tea/ Fruit
14/07/2025	Choco cereal with milk	Apple	Creamy roasted red pepper soup with cheese/ Croutons	Stewed beef with sauce and a side of pan-fried potatoes / Spinach roll with egg and cream cheese and a side of rice with vegetables / Tomato and olive salad	Yoghurt cream with chia and strawberries	Baked sandwich with minced meat and yellow cheese/Iced Tea/Fruit
15/07/2025	Baked doughnuts/ Cocoa milk	Apricot	Milk soup with melted cheese	Sesame coated chicken fillets with a side of mashed cauliflowers/ Breaded yellow cheese with stewed vegetables / Salad	Vanilla mousse with strawberries	Croissant with butter/ Milk/ Fruit
16/07/2025	Grilled sandwich with ham and yellow cheese/ Grilled sandwich with yellow cheese/ Tea	Watermelon	Soup with pork meat and noodles/ Tomato soup	Dobrudzha stew/ Green salad with cucumbers and tomatoes	Banana mousse	Pastry of spelt, dark chocolate, sour cream and blueberries/ Tea/ Fruit
17/07/2025	Sandwich with white cheese, butter and egg spread/ Tea	Vegetable sticks with lemon juice	Lentil soup	Spaghetti with tomato sauce, basil and white fish/ Mixed salad	Chocolate 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/ Poached eggs with yoghurt sauce	Fruits	Bun with yellow cheese/ Fruit juice 100% apple/ Fruit
21/07/2025	Cous-cous with butter and white 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/ Shakshuka with onions and roasted peppers	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	Chocolate mousse	Baked muffin with chocolate/ Apple juice 100%/ Fruit
24/07/2025	Sandwich with Philadelphia, chicken fillet and cucumber/ Sandwich with Philadelphia and cucumber/ Tea	Vegetable sticks with lemon juice	Bean soup	Paella with white fish/ Iceberg salad 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/ Vegan potato patty burger with coleslaw sauce, iceberg salad and cheddar / Milk salad	Watermelon	Oatmeal cookies with banana/ Fruit yoghurt drink/ Fruit
28/07/2025	Choco cereal 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/ Potatnik with spinach, cream sauce and cheese / Tomatoes with cheese	Watermelon	Sandwich with butter, turkey fillet, yellow cheese and cucumber/ Tea/ Fruit
30/07/2025	Grilled French sandwich with olives/ Iced tea	Melon	Soup with turkey meat and vegetables/ Minestrone	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 onion	Ice cream	Sandwich with egg spread/ Iced tea/ Fruit
Coordinated with Technologist "LFS"		Prepared by: Nurses				