



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

Date	Breakfast	Snack	Soup	Main Meal	Dessert	Afternoon breakfast
03/11/25	Muesli with banana and yoghurt (7)	Vegetable sticks with lemon juice	Potato cream soup with croutons (1,7)	Shepherd's pie with minced beef/ <i>Rotatouille</i> /Traditional salad (1,3,7)	Biscuit cake (1,3,7)	Croissant with butter/ Milk/Fruit (1,3,7)
04/11/25	Grilled French sandwich with tomato/ Tea (1,3,7)	Apple	Vegetable soup (1,3,7, 9)	Pasta Carbonara/ <i>Pasta with spinach, mozzarella, arugula and cherry tomatoes/ Cabbage and carrot salad with dressing</i> (1,3,7)	Roasted pumpkin	Mini sesame pretzels/ Yoghurt drink/ Fruit (1,3,7)
05/11/25	Banitsa/ Yoghurt drink (1,3,7)	Banana	Turkey soup/ <i>Bean soup</i> (1,3,7, 9)	Poached eggs with yoghurt sauce/ Iceberg salad with cucumbers and parmesan (3,7)	Fruit salad	Croissant with chocolate/ Tea/ Fruit (1,3,7)
06/11/25	Cornflakes with milk (7)	Pears	Pea and mint cream soup with croutons (1,7)	Baked salmon with stewed vegetables/ Snezhanka salad (4,7)	Chocolate mousse (7)	Bun covered with yellow cheese / Tea/ Fruit (1,3,7)
07/11/25	Sandwich with Philadelphia, chicken fillet, cheddar with tomato/ Tea/ <i>Sandwich with Philadelphia, cheddar with tomato</i> (1,3,7)	Kiwi	Tomato cream soup with croutons (1,7)	Pizza with tomato sauce, chicken, pickles, mozzarella and yellow cheese/ <i>Pizza Margherita/ Cucumber and olive salad</i> (1,3,7)	Caramelized apples	Baked cheesecake/ Cocoa milk/ Fruits (1,3,7)
10/11/25	Macaroni mixed with butter and white cheese/ Tea (1,3,7)	Apple	Spinach cream soup with croutons (1,7)	Moussaka with 100% minced meat/ Yoghurt /Cabbage and carrot salad/ <i>Lentil stew</i> (1,3,7)	Fruit salad	Banana cake/ Yoghurt drink/ Fruit (1,3,7)
11/11/25	Toasted sandwich with egg, yellow cheese and cucumber/ Tea (1,3,7)	Pears	Pumpkin cream soup with croutons (1,3,7)	Beef stew with white rice/ <i>Ravioli with spinach, arugula and parmesan</i> / Tabbouleh salad (1,3,7)	Fruit	Rice cakes covered with avocado and white cheese hummus/ Yoghurt drink/ Fruit (7)
12/11/25	Sandwich with Philadelphia, turkey fillet, yellow cheese and tomato/ Tea/ <i>Sandwich with Philadelphia, yellow cheese and tomato</i> (1,3,7)	Vegetable sticks with lemon juice	Rabbit soup/ <i>Tarator</i> (1,7)	Breaded yellow cheese with vegetable garnish/ Mexican salad (1,3,7)	Yoghurt with chia and strawberries (7)	Croissant with butter/ Cocoa milk/ Fruits (1,3,7)
13/11/25	Chocolate cereal with milk (7)	Banana	Bean soup (9)	White fish fillet with mashed potatoes and steamed carrots/ Caprese salad with egg, basil pesto and croutons (1,3,4,7)	Chocolate cream pudding (7)	Sandwich with butter, ham, yellow cheese and tomato/ Fruit juice 100%/ Fruits (1,3,7)
14/11/25	Scrambled eggs with white cheese and pork fillet (3,7)	Kiwi	Nettle cream soup with croutons (1,7)	Lasagna Bolognese/ <i>Lasagna with spinach, yellow cheese and mozzarella</i> /Caesar salad (1,3,7)	Fruit	Homemade cookies/ Iced tea/ Fruit (1,3,7)
17/11/25	Couscous with butter and cheese/Tea (1,3,7)	Apple	Vegetable soup with noodles (1,3,7, 9)	Pork with a side of oven baked potatoes/ <i>Risotto with broccoli and yellow cheese/ Salad</i> (7)	Pumpkin mousse	Pancakes with strawberry jam/ Banana smoothie/ Fruits (1,3,7)
18/11/25	Banitsa/ Yoghurt drink (1,3,7)	Pears	Tarator (7)	Chicken tenders with sesame seeds crust with a side of stewed vegetables in butter/ <i>Bean stew/ Iceberg salad with cherry tomatoes and parmesan</i> (1,3,7)	Chia yoghurt with strawberries (7)	Mini buns with yellow cheese/ Yoghurt drink/ Fruit (1,3,7)
19/11/25	Cornflakes with milk (7)	Banana	Chicken soup with noodles/ <i>Milk soup</i> (1,3,7, 9)	Pepper burek with yoghurt sauce / Green salad with cherry tomatoes and cucumber (1,3,7)	Fruit	Savoury muffins/ Fruit juice 100%/ Fruits (1,3,7)
20/11/25	Toasted sandwich with egg and yellow cheese/ Tea (1,3,7)	Vegetable sticks with lemon juice	Bean soup (9)	Breaded white fish with a side dish of baby potatoes with rosemary/ Shopska salad (1,3,4,7)	Chocolate cream pudding (7)	Easter bread/ Milk/ Fruit (1,3,7)
21/11/25	Combined breakfast (butter, pork fillet, yellow cheese, jam, egg, olives and tomato)/ Tea (1,3,7)	Kiwi	Potato cream soup with croutons (1,7)	Chicken gyros/ Shepherd's salad/ <i>Gyros with greens</i> (1,3,7)	Fruit salad	Marbled pound cake/ Fruit juice 100%/ Fruits (1,3,7)
24/11/25	Macaroni mixed with butter and white cheese/ Tea (1,3,7)	Apple	Lentil soup (9)	Grilled chicken fillets with stewed corn in butter / Caprese salad with egg, mozzarella and basil pesto / <i>Rice with tomatoes and olives</i> (3,7)	Fruit salad	Easter bread bun/ Tea/ Fruit (1,3,7)
25/11/25	Grilled sandwich with turkey fillet, yellow cheese and cucumber/ Tea/ <i>Toasted sandwich with egg and yellow cheese</i> (1,3,7)	Orange	Pumpkin cream soup with croutons (1,7)	Spaghetti Bolognese with minced meat / <i>Spaghetti with arugula, cherry tomatoes in white sauce with parmesan (optional)</i> / Mixed salad (1,3,7)	Flan with pumpkin (3,7)	Carrot muffin/ Milk/ Fruit (1,3,7)
26/11/25	Chocolate cereal with milk (7)	Banana	Chicken soup/ <i>Minestrone soup</i> (1,3,7,9)	Pea stew/ Tomato salad with white cheese (7)	Fruit	Apple pie/ Fruit juice 100%/ Fruits (1,3,7)
27/11/25	Bun with white cheese/ Yoghurt drink (1,3,7)	Vegetable sticks with lemon juice	Carrot cream soup with croutons (1,7)	Baked salmon with potatoes and green beans in butter/ Salad with cheese (3,4,7)	Blueberry cheesecake (1,3,7)	Baked slice of bread covered with minced meat and yellow cheese/ Tea/ Fruit (1,3,7)
28/11/25	Scrambled eggs with white cheese and pork fillet (3)	Kiwi	Cheese and potato soup (1,3,7, 9)	Grilled meatballs with a side of sautéed potatoes/ <i>Zucchini gratin/ Bean salad</i> (1,3,7)	Yoghurt with chia and strawberries (7)	Crackers covered with dried tomato and garlic hummus/ Tea/ Fruit (1)

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 days they are with fat content of 3-3,6%. Buttermilk is salt free. Meat and meat product are free of tendons, fat and bones. Minced meat is veal or a mixture of veal 60% and pork 40 %. No skin on chicken meat. Fish is preferable fresh, boneless, low salt eggs. Eggs are fresh, stored under refrigerated conditions. Children are offered Dobrudza 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

1. Cereals containing gluten: wheat, rye, barley, oats, spelled (type of wheat), commute (type of durum wheat) or their hybrid varieties, and products thereof

List of potential food allergens: 2. Crustaceans and products thereof 3. Eggs and products thereof. 4. Fish and fishery products. 5. Peanuts and their products. 6. Soybean and soy products. 7. Milk and milk products. 8. Nuts: almonds, hazelnuts, walnuts, cashews, Brazil nuts, pistachios. 9. Celery and products thereof. 10. Mustard seed and its products. 11. Sesame seeds and products thereof 12. Sulfur dioxide and sulphites: with a concentration exceeding 10 mg / kg or 10 mg / liter, expressed as total SO 2, to be calculated for products offered for consumption or returned to their original state according to the manufacturer's instructions