



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

дата	Сутрешна закуска	10ч.	супа	обяд основно	десерт	следобедна закуска
01.12.2025	Banitsa with white cheese/ Yoghurt drink (1,3,7)	Apple	Vegetable cream soup (7,9)	Chicken schnitzel fillet with stewed corn in butter/ Shopska salad (1,3,7)	Roasted pumpkin	Bun with vanilla cream/ Milk/Fruit (1,3,7)
02.12.2025	Sandwich with "Philadelphia", yellow cheese and tomato/ Tea (1,3,7)	Banana	Lentil soup (9)	Moussaka with 100% minced meat/ Salad (1,3,7)	Fruit salad	Croissant with butter/ Tea/ Fruit (1,3,6,7)
03.12.2025	Cornflakes with milk (1,8,7)	Orange	Soup with pork meat (1,3,7,9)	Stuffed lean peppers with bulgur/ Yoghurt / Salad (3,7)	Peach mousse (7)	Sesame pretzels/ Yoghurt drink/ Плодове (1,3,7,11)
04.12.2025	Scrambled eggs with white cheese/ Bread/ Tea (1,3)	Kiwi	Pumpkin cream soup with croutons (1,7,9)	Breaded white fish with mashed/ Greek salad (4,7)	Fruit	Vanilla muffins/ Milk/ Fruit (1,3,7)
05.12.2025	Combined breakfast (butter, yellow cheese, egg, olives, tomato)/ Tea (1,3,7)	Tangerine	Roasted red pepper cream soup with croutons (1,7,9)	Pizza with tomato sauce, pork fillet and corn/ Cabbage and carrot salad (1,3,7)	Yoghurt cream with berries (7)	Honey biscuits/ Yoghurt drink/ Fruit (1,3,7)
08.12.2025	Macaroni mixed with butter and white cheese/ Tea (1,7)	Apple	Vegetable soup with dressing (1,3,7,9)	Chili con carne with minced beef/ Cucumber, olive salad and fennel (1,3,7)	Fruit	Pound cake with berries/ Yoghurt drink/ Fruit (1,3,7)
09.12.2025	Banitsa/ Yoghurt drink (1,3,7)	Vegetable sticks with lemon juice	Tarator (7)	Pork schnitzel with mashed potatoes/ Caprese salad (7)	Crepe "Brulee" (3,7)	Croissant with butter/ Tea/ Fruit (1,3,7)
10.12.2025	Cornflakes with milk (1,8,7)	Banana	Beef soup (1,7,9)	Baked broccoli with white cheese and topping/ Mixed green salad with cucumbers, cherry tomatoes and "Parmesan" (1,3,7)	Fruit salad	Easter bread/ Milk/ Fruit (1,3,7)
11.12.2025	Sandwich with "Philadelphia", yellow cheese and tomato/ Tea (1,7)	Kiwi	Zucchini cream soup with thyme and croutons (1,3,7,9)	Breaded white fish "John Dory" with sauce and thyme and side of stewed vegetables in butter/ Potato salad (4,7)	Roasted pumpkin	Savoury muffins with white cheese/ Yoghurt drink/ Fruit (1,3,7)
12.12.2025	Toasted sandwich with egg, yellow cheese and cucumber/ Tea (1,3,7)	Tangerine	Italian soup (1,3,7,9)	Chicken stew/ Tomato salad with mousse (1,3,7)	Homemade "Vanilla" cream (3,7)	Homemade cookies/ Iced tea/ Fruit (1,3,7)
15.12.2025	Cornflakes with milk (1,5,7)	Apple	Potato cream soup with croutons (7,9)	Crispy chicken fillets with cornflakes and side of stewed baby carrots with butter/ Bean salad (1,3,7)	Yoghurt cream with chia and blueberries (6,7)	Bun with yellow cheese/ Tea/ Fruit (1,3,7)
16.12.2025	Sandwich with "Philadelphia", yellow cheese with tomato/ Tea (1,7)	Banana	Vegetable soup with noodles (1,3,7,9)	Pasta "Carbonara"/ Green salad with cucumbers and radishes (1,3,7)	Fruit	Pound cake/ Milk/ Fruit (1,3,7)
17.12.2025	Muesli with berries and yoghurt (1,8,7)	Vegetable sticks with lemon juice	Turkey vegetable soup (1,3,7,9)	Vegetable moussaka/ Traditional salad (1,3,7)	Vanilla mousse (3,7)	Savoury muffins with cream cheese/ Yoghurt drink/ Fruit (1,3,7)
18.12.2025	Sandwich with yellow cheese/ Tea (1,7)	Kiwi	Spinach cream soup with white cheese (1,7,9)	Baked salmon with mashed potatoes/ Shepherd's salad (4,7)	Fruit salad	Croissant with butter/ Milk/ Fruit (1,3,7)
19.12.2025	Grilled sandwich with eggs and yellow cheese/ Tea (1,3,7)	Tangerine	Pumpkin cream soup with croutons (1,3,7,9)	Moussaka with 100% minced meat/ Tomato salad with white cheese (1,3,7)	"Tiramisu" cream with berries (1,3,7)	Rice cracker with avocado and cream cheese mousse and tomato/ Tea/ Fruit (1,3,7)
22.12.2025	Sandwich with "Philadelphia", tomato, green salad and cucumber/ Tea (1,7)	Apple	Grilled zucchini cream soup with white cheese and croutons (1,3,7,9)	Meatballs with mashed potatoes and baked sauce/ Snezhanka salad (1,3,7)	Flan (3,7)	Baked cheesecake/ Yoghurt drink/ Fruit (1,3,7)
23.12.2025	Combined breakfast (butter, yellow cheese, egg, olives, tomato)/ Tea (1,3,7)	Banana	Vegetable soup (3,7,9)	Grilled chicken fillets with mashed potatoes / Salad with tomatoes, cucumbers and white cheese (7)	Fruit	Blueberry muffins/ Milk/ Fruit (1,3,7)

Note: All products on the menu comply with the regulations for specific requirements for the safety and quality of food offered in childcare facilities. Namely: bread, pasta, and potato products are low in fat, salt, and sugar. Fruits and vegetables are mainly fresh, with frozen and dried preferred over sterilized, and must be low in salt, sugar, fat, synthetic colorants, preservatives, etc. Natural juices are 100% juice. Jams and marmalades have a fruit content of over 60% and a sugar content of less than 15%. Fresh and sour milk have a fat content of 2%, and the rest 3%. Ayrn has no added salt. Meat and meat products must be free of visible tendons, fat, and bones. Ground meat is beef or a mixture of beef and pork in a ratio of 60/40. Poultry meat is skinless. Fresh fish is preferred over frozen, boneless, and low in salt. Eggs are fresh, stored under refrigerated conditions, within their expiration date. All products used for feeding children comply with Bulgarian State Standards (BDS).

Approved by Technologist	Prepared by: Nurses
Legend:	1. Gluten-containing grains; 2. Crustaceans; 3. Eggs; 4. Fish; 5. Peanuts; 6. Soybeans; 7. Milk; 8. Tree nuts; 9. Celery; 10. Mustard; 11. Sesame seeds; 12. Sulfur dioxide and sulfites; 13. Lupin; 14. Mollusks