

				3 - 6 years old		
дата	Сутрешна закуска	104.	супа	обяд основно	десерт	следобедна закуска
01.12.2025	Banitsa with ham and yellow cheese/ Banitsa with white cheese/ Yoghurt drink (1,3,7)	Apple	Vegetable cream soup (7,9)	Chicken schnitzel fillet with stewed corn in butter / Pasta with tomato sauce, spinach, olive and "Parmesan"/ Shopska salad (1,3,7)	Roasted pumpkin	Bun with vanilla cream/ Cocoa milk/Fruit (1,3,7)
02.12.2025	Sandwich with "Philadelphia", turkey fillet, yellow cheese and tomato/ Sandwich with "Philadelphia", yellow cheese and tomato/ Tea (1,3,7)	Banana	Lentil soup (9)	Moussaka with 100% minced meat/ Vegetable casserole with white cheese/ Salad (1,3,7)	Fruit salad	Croissant with chocolate/ Tea/ Fruit (1,3,6,7)
03.12.2025	Chocolate cereal with milk (1,8,7)	Orange	Soup with pork meat/ Minestrone soup (1,3,7,9)	Stuffed 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 and pork fillet/ Scrambled eggs with white cheese/ Bread/ Tea (1,3)	Kiwi	Pumpkin cream soup with croutons (1,7,9)	Breaded white fish with mashed potatoes/ Greek salad (4,7)	Fruit	Vanilla muffins/ Milk/ Fruit (1,3,7)
05.12.2025	Combined breakfast (butter, pork fillet, yellow cheese, egg, olives, tomato)/ 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/ Pizza "Margherita" / 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)	Chilli con carne with minced beef/ Potato gratin with cheese/ Cucumber, olives and fennel salad (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/ Ratatouille/ Caprese salad (7)	Creme "Brulee" (3,7)	Croissant with butter/ Tea/ Fruit (1,3,7)
10.12.2025	Cornflakes with milk (1,8,7)	Banana	Beef soup/ Spinach cream 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/ Cocoa milk/ Fruit (1,3,7)
11.12.2025	Sandwich with "Philadelphia", turkey fillet, yellow cheese and tomato/ 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/ Vegetable lasagna with white cheese/ Tomato salad with mousse (1,3,7)	Homemade "Vanilla" cream (3,7)	Homemade cookies/ Iced tea/ Fruit (1,3,7)
15.12.2025	Chocolate cereal 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/ Poached eggs with yoghurt sauce/ 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", chicken fillet, yellow cheese with tomato/ Sandwich with "Philadelphia", yellow cheese with tomato/ Tea (1,7)	Banana	Vegetable soup with noodles ((1,3,7,9)	Pasta "Carbonara"/ Potato patties with yoghurt sauce/ Green salad with cucumbers and radishes (1,3,7)	Fruit	Marbled 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/ Bean soup (1,3,7,9)	Vegetable moussaka/ Traditional salad (1,3,7)	Chocolate mousse (3,7)	Savoury muffins with cream cheese/ Yoghurt drink/ Fruit (1,3,7)
18.12.2025	Sandwich with minced meat and yellow cheese/ 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 chocolate/ Milk/ Fruit (1,3,7)
19.12.2025	Grilled sandwich with eggs, ham, and yellow cheese/ 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/"Verdure" risotto/ 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", ham, tomato and green salad/ 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/ Spaghetti with baby spinach, cherry tomatoes in white sauce with "Parmesan"/ Snezhanka salad (1,3,7)	Flan (3,7)	Baked cheesecake/ Yoghurt drink/ Fruit (1,3,7)
23.12.2025	Combined breakfast (butter, pork fillet, yellow cheese, egg, olives, tomato)/ Combined breakfast (butter, yellow cheese, egg, olives, tomato)/ Tea (1,3,7)	Banana	Vegetable soup (3,7,9)	Grilled chicken fillets with mashed potatoes / Vegetable stew with rice / Yoghurt / Salad with tomatoes, cucumbers and white cheese (7)	Fruit	Blueberry muffins/ Cocoa 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. Juice are 100% juice. Juice are 100% juice. Juice are 100% juice as a sugar content of less than 15%. Fresh and sour mills have a faut of 2%, and the rest 3%. Ayran has no added salt. Meat and mean transmissible fendons, 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, bonneless, and low in salt. Eggs are fresh, stored under refrigerated conditions, within their expiration date. All products used for feeding or full products used for feeding for feeding or full products used for feeding for fee

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