



Date	Morning breakfast	104. a.m. snack	Salads	Soup	Lunch	Dessert	Afternoon snack
01.12.2025 ȁ.	Combined pastry with ham / yogurt drink Pastry with cheese / yogurt drink (1,7)	Apple	Snow White Salad/ Shopka Salad (7)	Rabbit soup /Vegetable cream soup	Chicken schnitzel made from fillet with sweet corn and butter / Spaghetti Bolognese / Spaghetti with tomato sauce, spinach, and olives / Parmesan cheese (1,7)	Baked apple	Cream / fresh milk with cocoa / fruit (1,3,7)
02.12.2025 ȁ.	Sandwich with Philadelphia cheese/turkey fillet/cheese/tomato/tea (7)	Banana	"Iceberg" with avocado and mozzarella/ Mixed salad (7)	Turkey vegetable soup / Lentil soup	Roast beef with white rice and gravy / Moussaka with 100% minced meat / Vegetable casserole with cheese (1,7)	Fruit salad	Homemade baked croissant with chocolate / tea / fruit (1,3,6,7)
03.12.2025 ȁ.	Chocolate balls with fresh milk (1,6,7)	Orange	Katak/Country salad (7)	Pork soup/ Minestrone soup	Garden stew with chicken/Kebabcheta according to BDS with grilled vegetables/Stuffed lean peppers with bulgur	Peach mousse (7)	Sesame sticks/ ayran/ fruit (1,3,7,11)
04.12.2025 ȁ.	Scrambled eggs with cheese and ham, bread / Scrambled eggs with cheese,bread/ tea (1,3,)	Kiwi	Greek salad/Italian salad (1,7)	Cream of pumpkin soup / croutons (1,7)	White fish fillet with fluffy mashed potatoes / Risotto with fish and sun-dried tomatoes (1,3,4)	Fruits	Vanilla muffin / fresh milk / fruit (1,3,7)
05.12.2025 ȁ.	Combined breakfast (butter, pork fillet, cheese, jam, egg, olives, tomato) and tea (1,7,3)	Tangerine	Cabbage and carrot salad / Quinoa with spinach and cherry tomatoes	Beef soup with thickening/ Cream soup of roasted red peppers / croutons (1,7)	Pizza with tomato pesto/ pork fillet/ corn/ Rabbit fricassee / Pizza "Margherita" (1,7)	Yogurt with forest fruits (7)	Honey biscuits / ayran / fruit (1,3,7)
08.12.2025 ȁ.	Macaroni with cheese and butter/ tea(1,7)	Apple	Cucumbers with olives and dill/ Rhodope salad (7)	Chicken soup with noodles/ Gardener's soup (1)	Grilled pork chops with rice and vegetables/ Chili con carne with ground beef/ Potato gratin with cheese (1,7)	Fruits	Cake with forest fruits/ ayran/ fruits (1,3,7)
09.12.2025ȁ.	Cheese pie/ yogurt drink (1,7)	Vegetable sticks with lemon juice	Caprese salad/Tzatziki (7)	Clear rabbit soup/ Tarator (7)	Spaghetti Rusticana with chicken/Pork schnitzel with mashed potatoes /Ratatouille (1,7)	Creme brulee (3,7)	Homemade baked croissant with butter / tea / fruit (1,3,7)
10.12.2025ȁ.	Cornflakes with fresh milk (1,7)	Banana	Carrot salad / Mixed green salad with cucumber, cherry tomatoes, and Parmesan cheese (7)	Beef soup/ Spinach cream soup (7)	Chicken "Julienne" with fluffy rice /Meatballs according to Bulgarian State Standard with grilled vegetables/Baked broccoli with cheese and sauce (1,7)	Fruit salad	Kozunak/fresh milk with cocoa/fruit (1,3,6,7)
11.12.2025 ȁ.	Chebata with Philadelphia, turkey fillet/cheese/tomato/tea Vega: Chebata with Philadelphia/tomato/tea (1,7)	Kiwi	Potato salad/ Salad with cherry tomatoes and avocado	Cream of zucchini soup with thyme /croutons (1,7)	Baked John Dory white fish fillet with sauce and thyme, served with vegetables saut��ed in butter/Pasta with mini fish balls, white sauce, and spinach (1,7)	Roasted pumpkin	Salty muffin with cheese /ayran/ fruit (1,3,7)
12.12.2025 ȁ.	Toasted sandwich with egg and cheese/cucumber/ Tea (1,3,7)	Tangerine	Tomatoes with mousse/ Red salad (7)	Country soup with pork/ Italian soup (1)	Lasagna with beef ragout/Chicken stew/ Vegetable lasagna with white cheese (1,7)	Homemade vanilla cream (3,7)	Cookies/iced tea/fruit (1,3,7)
15.12.2025 ȁ.	Chocolate balls with fresh milk (1,6,7)	Apple	Bean salad/Tabbouleh (7)	Spinach soup with turkey/ Potato cream soup /croutons (1,7)	Crispy chicken fillets with cornflakes and steamed baby carrots with butter / Traditional majda with mini meatballs / Panagyurski-style eggs (1,3,7)	Yogurt with chia seeds and strawberries (6,7)	Cheese / tea / fruit (1,3,7)
16.12.2025 ȁ.	Chebata with Philadelphia, chicken fillet/cheese/tomato/tea Vega: Chebata with Philadelphia/tomato/tea (1,7)	Banana	Green salad with cucumbers and radishes/Carrots with fresh apple	Rabbit soup/ Colorful vegetable soup with noodles (1)	Carbonara pasta / Juicy roast pork with tender cabbage / Potato patties / Milk sauce (1,7)	Fruits	Marble cake/fresh milk/fruit (1,3,6,7)
17.12.2025ȁ.	Muesli with forest fruits and yogurt (1,7)	Vegetable sticks with lemon juice	Shopska salad/Traditional salad (7)	Turkey vegetable soup/ Monastic beans	Chicken parmesan with sweet corn and butter/Pork kebab with red sauce and white rice/ Vegetable moussaka(1,3,7)	Chocolate mousse (3,7)	Savory muffin with cream cheese/yogurt/fruit 1,3,7)
18.12.2025 ȁ.	Princess with 100% ground meat and cheese Vega: Princess with cheese /tea (1,7)	Kiwi	Shepherd's salad/ Salad mix (7)	Spinach cream soup with cheese (7)	Baked salmon with mashed potatoes/Breaded white fish with steamed zucchini (1,3,7)	Fruit salad	Homemade baked croissant with chocolate / fresh milk / fruit (1,3,6,7)
19.12.2025 ȁ.	Hot sandwich with eggs, ham, and cheese / Hot sandwich with eggs and cheese / Tea (1,3,7)	Tangerine	Tomatoes with cheese/Vitamin salad (7)	Thick beef soup/ Pumpkin cream soup /croutons (1,7)	Moussaka with 100% ground meat / Chicken burger / Risotto "Verdure" (1,3,7)	Tiramisu cream with forest fruits (1,3,7)	Rice cracker with avocado mousse and cream cheese with tomato/tea/fruit (1,3,7)
22.12.2025 ȁ.	Baguette with Philadelphia cheese, ham, tomato/green salad Vega: Baguette with Philadelphia cheese, tomato/reen salad. and cucumber /tea (1.7)	Apple	Chickpea salad with avocado and cherry tomatoes/ Snow White (7)	Chicken soup / Cream soup of grilled zucchini /cheese/croutons (1,7)	Spaghetti "Amatriciana" / Istanbul-style meatballs with mashed potatoes and roasted sauce / Spaghetti with baby spinach, cherry tomatoes in white sauce with Parmesan cheese (1,7)	Caramel cream (3,7)	Baked cheesecake/ ayran/ fruit (1,3,7)
23.12.2025ȁ.	Combined breakfast (butter, pork fillet, cheese, jam, egg, olives, tomato) and tea (1,3,7)	Banana	Salad with tomatoes and cucumbers, cheese slice/ Royal pickles (7)	Bavarian soup / Country vegetable soup	Pork schnitzel with minced meat and vegetable pur��e garnish / Grilled chicken boneless fillets with saut��ed potatoes / Vegetarian rice and vegetable stew / Yogurt (1,3,7)	Fruits	Blueberry muffin/fresh milk with cocoa/fruit (1,3,6,7)
<p>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%. Ayran 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).</p>							
<p>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</p>							
<p>Approved by Technologist</p>				<p>Prepared by: Nurses</p>			