



Date	Morning breakfast	10am. snack	Salads	Soup	Lunch	Dessert	Afternoon snack
04.11.2025	Warm French sandwich / tomato/Tea	Apple	Spinach with quinoa and tomatoes, roasted pepper, egg, cheese with soy mustard sauce/ Cabbage and carrot salad with dressing(3,7,10)	Pork borscht / Colorful garden soup	Chicken tenders with cornflakes, garnished with stewed corn / Spaghetti "Carbonara" / Spaghetti with spinach, mozzarella, arugula and cherry tomatoes (3,7)	Roasted pumpkin	Small bagels with sesame/ Yogurt drink/ fruit(3,7)
05.11.2025	Cheese pie/ Yogurt drink(1,7)	Banana	Iceberg salad with cucumbers, parmesan/ Eggplant caviar with strained yogurt(7)	Turkey soup/ Monastery-style bean soup (1)	Beef meat with spinach and rice / "Vienna" schnitzel with mashed potatoes/ "Panagurishe" style eggs(3,7)	Fruit salad	Freshly baked croissant with chocolate/tea/ fruit(1)
06.11.2025	Cornflakes with fresh milk(7)	Pear	Tzatziki salad /Avocado Caprese Salad with Cherry Tomatoes and Basil Reduction(7)	Cream of pea and mint soup/ croutons(7)	Pan-fried salmon with a side of stewed vegetables/ Penne rigate with salmon and dried tomatoes(4)	Chocolate mousse(1)	Bread roll with yellow cheese / tea / fruit(1,7)
07.11.2025	Chabata with Philadelphia, chicken fillet/cheddar/tomato/Tea/ Chabata with Philadelphia/cheddar/tomato/Tea (7)	Kiwi	Greek salad/ Cucumber and olive salad(7)	Meat balls Soup/ Tomato cream soup/ croutons (1,7)	Potato stew with pork/ Pizzo with tomato sauce, chicken, pickles, mozzarella, yellow cheese/ Pizzo "Margherita"(1,7)	Caramelized apples	Baked cheesecake / fresh milk with cocoa / fruit(1,7)
10.11.2025	Macaroni with white cheese and butter/Tea(1,7)	Apple	Cabbage and carrot salad/ Aranged salad with a slice of white cheese(7)	Pork boiled soup/ Cream of spinach soup/croutons(1,7)	Chicken tenders with sesame and a side dish of stewed cauliflower and corn in butter/ Moussaka with 100% minced meat/yogurt/ Lentil stew(7,6,11)	Fruit salad	Banana cake/ Yogurt/ fruits(1,7)
11.11.2025	Baked sandwich with egg and cheese/cucumber/Tea(1,3,7)	Pear	Iceberg salad with cucumbers/ Tabbouleh salad	Lemon chicken soup/ Cream of pumpkin soup/ croutons (1,7)	Grilled kebabs with steamed vegetable mix with butter/ Stewed beef with white rice/ Ravoli with spinach, ricotta/parmesan(1,7)	Fruits	Rice cakes with avocado hummus and white cheese / Yogurt / fruit(7)
12.11.2025	Chabata with Philadelphia, turkey fillet/yellow cheese/tomato/ Tea Chabata with Philadelphia/yellow cheese/tomato/ Tea (1,7)	Vegetable sticks with lemon juice	Salad with pickles with cream cheese and eggs/ Mexican salad(7,3)	Clear rabbit meat soup/ Torator (7)	Grilled chicken fillets with a side dish of country potatoes/ Pork goulash/ Breaded yellow cheese with a side dish of baked vegetables(1,7)	Yogurt with chia and strawberries	Croissant with butter / fresh milk with cocoa / fruit(1,7)
13.11.2025	Chocolate balls with fresh milk(1,7)	Banana	Salad with carrots and apples and lemon/pumpkin seeds/ "Caprese" salad with egg, basil pesto and croutons	Garden bean soup(1,6)	White fish fillet with mashed potatoes and steamed carrots/ Pasta with fish balls with tomato pesto/ Parmesan(1,4)	Chocolate cream	Sandwich with butter/shutka/yellow cheese/damat/fruit juice 100%/fruit(1,7)
14.11.2025	Scrambled eggs with pork fillet and white cheese(3,7)	Kiwi	Caesar salad/ Broccoli and sesame salad	Bavarian soup/ Spinach cream soup/ croutons(1,7)	Turkey stew/ Lasagna "Bolognese" / Lasagna with spinach, yellow cheese and mozzarella(1,7)	Fruits	Homemade cookies/ iced tea/ fruit(1,7)
17.11.2025	Couscous with butter and cheese/ Tea(1,7)	Apple	Fresh cucumber salad and "Tzatziki" sauce/ Tomato and cucumber salad(7)	Turkey soup/ Vegetable soup with noodles(1)	Pasta with beef meatballs and vegetable sauce / Braised pork knuckle with crispy country potatoes / Risotto with broccoli and yellow cheese(1)	Pumpkin mousse	Pancakes with strawberry jam/ banana smoothie/ fruit(1,7)
18.11.2025	Cheese pie/ Yogurt drink(1)	Pear	"Iceberg" salad with cherry tomatoes and parmesan/ Quataki(7)	Pork borscht/ Tarator (7)	Chicken tenders with sesame seeds and a side of steamed vegetables in butter/ Shepherd's pie/ Bean stew (1,6,11)	Yogurt with chia and strawberries	Small bread buns with yellow cheese/ Yogurt/ fruit(1,7)
19.11.2025	Cornflakes with fresh milk(7,1,6)	Banana	Green salad with cherry tomatoes and cucumber / Tricolor salad	Chicken soup with noodles/ Milk soup(1,7)	Orzo pasta with pork fillet and tomato sauce / Chiliboncarne with beef meat / Peppers burek/ yogurt sauce(1,7)	Fruits	Salty muffin/ 100% fruit juice/ fruit(1)
20.11.2025	Warm sandwich with egg and yellow cheese/Tea/Fruit(1,7,3)	Vegetable sticks with lemon juice	Shopska salad/ Cabbage and carrots(7)	Monastery-style bean soup(1,6)	Breaded white fish with a side of baby potatoes with rosemary/ Farfalle with fish, tomato sauce, pesto and parmesan(1,4)	Cocoa cream/ Banana semolina cream	Sweet Bread/ fresh milk/ fruit(1,7)
21.11.2025	Combined breakfast /butter, pork fillet, yellow cheese, jam, egg, olives, tomato/Tea(1,7,3)	Kiwi	Shepherd's salad/ Mix of green salad, arugula, cherry tomatoes and parmesan(3,7)	Rabbit meat soup/ Cream of potato soup/croutons (1,7)	Gyros with chicken meat/ Krikeraki with tomato sauce and minced meat/ Gyros with vegetables(1)	Fruit salad	Marble cake/ 100% fruit juice/ fruits(1,7)
24.11.2025	Pasta Stars with butter and white cheese/Tea(1,7)	Apple	Caprese with egg, mozzarella and basil pesto/ Green salad with cucumbers and radishes(7,3)	Thick beef soup/ Monastery-style lentils(6)	Moussaka with 100% minced meat/ Grilled chicken fillets with stewed corn in butter / Rice with tomatoes and butter (6)	Fruit salad	Sweet bread roll / tea / fruit(1)
25.11.2025	Warm sandwich with turkey fillet, yellow cheese and cucumber/ Tea Warm sandwich with egg and yellow cheese (1,3,7)	Orange	Tzatziki Salad/ Mixed Salad(7)	Boiled pork / Cream of pumpkin soup/croutons(1,7)	Turkey stew/ Spaghetti "Bolognese" with minced meat/ Spaghetti with arugula, cherry tomatoes in white sauce with parmesan cheese on request(1,7)	Cream caramel with pumpkin(7,3,1)	Carrot muffin/ fresh milk/ fruit (1,7)
26.11.2025	Chocolate balls with fresh milk(1,6,7)	Banana	Tomatoes with white cheese/ Vitamin salad(7)	Chicken soup / Minestrone soup(7)	Baked pork meat with rice casserole/ Grilled pork steak with sauteed potatoes and dill/ Stewed peppers/yogurt (7)	Fruits	Apple pie/ fruit juice 100%/ fruit(1)
27.11.2025	Bread roll/ Yogurt drink(1,7)	Kiwi	Roasted red pepper salad with marinade/ Tomatos and cucumber salad with cheese ball(7)	Cream of carrot soup/ croutons(1,7)	Trout fillet with a side of stewed corn/ Baked salmon with potatoes and green beans in butter(7,4)	Blueberry cheesecake(1,7)	Baked sandwich with minced meat / tea/ fruit(1)
28.11.2025	Scrambled eggs with white cheese and ham(3,7)	Kiwi	Shopska salad/Bean salad(7,6)	Rabbit meat with nettle soup/ croutons/ Soup with melted cheese and potatoes (1,7)	Beef casserole with vegetables / Grilled meatballs, garnished with sauteed cabbage/ Zucchini gratin(7)	Yogurt with chia and strawberries(1)	Crackers with dried tomatoes and garlic hummus/ tea / fruit(1)

Note: All products on the menu are in accordance with the regulations on the 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 being preferred over sterilized ones, which in turn must be low in salt, sugar, fat, synthetic colorings, preservatives, etc./ Natural juices are 100%. Jams and marmalades have over 60% fruit content and under 15% sugar content. Fresh and yogurt 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. Minced meat is beef or a mixture of beef and pork in a ratio of 60/40. Poultry meat is skinless. Fish is preferred fresh over frozen, boneless, with low salt content. Eggs are fresh, stored in refrigerated conditions, within the expiration date. All products used for feeding children are in accordance with the Bulgarian Food Standards Agency.

Prepared by: Nurses

Legend: 1. Gluten-containing cereals; 2. Crustaceans; 3. Eggs; 4. Fish; 5. Peanuts; 6. Soybeans; 7. Milk; 8. Nuts; 9. Celery; 10. Mustard; 11. Sesame seeds; 12. Sulfur dioxide and sulphites; 13. Lupin; 14. Molluscs