



St. George Preschool
Menu January 2026
2 - 3 years old

date	Breakfast	snack	soup	Main meal	dessert	Afternoon breakfast
05.01.2026	Pasta with butter and white cheese/ Tea /1,3,7/	Apple	Tarator /7/	Grilled chicken fillets with a side dish of rice and vegetables / Cabbage and carrot salad	Fruit salad	Bagel with sesame seeds/ Yoghurt drink/ Fruits /7,11/
06.01.2026	Banitsa with white cheese/ Yoghurt drink/1,3,7/	Orange	Red lentil cream soup/Croutons	Veal with a side dish of vegetables in butter/ Shepherd's salad /7/	Cheesecake /1,3,7/	Baked muffin with butter/ Milk/ Fruits/ 1,3,7/
07.01.2026	Grilled sandwich with yellow cheese/ cucumber/ tea /1,7/	Banana	Chicken soup /9/	Potato meatballs with parsley and yellow cheese with fresh garnish/ Cucumber and olive salad with Vinaigrette sauce /1,3,7/	Fruits	Vanilla cake/ Yoghurt drink/ Fruits /1,3,7/
08.01.2026	Oatmeal with yoghurt/ fruit and coconut flakes /1,7/	Vegetable sticks with lemon juice	Cream of carrot, cauliflower and parmesan soup/ Croutons	Breaded white fish/ Stewed baby potatoes with rosemary/ Iceberg salad with cucumbers /1,3,7/	Vanilla cream /1.7/	Sweet roll with rosehip marmalade/ Tea/ Fruits /1,3,7/
09.01.2026	Sandwich with butter, yellow cheese, cucumber/ Tea /1,7/	Tangerine	Tomato soup	Lasagna with minced meat and bechamel sauce/ Sour cream salad with pickles /1,3,7/	Baked apples with cinnamon cream	Pumpkin pie/ Yoghurt drink/ Fruits /1,7/
12.01.2026	Macaroni with cheese and butter/ Tea /1,3,7/	Apple	Vegetable soup	Breaded chicken with a side dish of roasted potatoes/ Green salad with cherry tomatoes and egg /1,3,7/	Fruits	Homemade biscuit roll/ Milk/ Fruits /1,3,7/
13.01.2026	Pumpkin pie/ Yoghurt drink /1,7/	Kiwi	Cauliflower cream soup/ Croutons /1,3,7,9/	Minced meat and vegetables roll with a side dish of root vegetables/ Carrot, radish and celery salad /1,3,7,9/	Semolina halva with raisins /1.7/	Muffin with carrots and goji berries/ Yoghurt drink/ Fruits /1,3,7/
14.01.2026	Sandwich with Philadelphia, cheddar, tomato/ Tea /1,7/	Banana	Thick beef soup with noodles /1/	Gnocchi alla sorrenta/ Mexican salad /1,3,7/	Fruit salad	Bread/ Milk/ Fruits /1,3,7/
15.01.2026	Club Sandwich/ Tea /1/	Vegetable sticks with lemon juice	Bean soup	Grilled trout fillet with a side dish of corn in butter/ Apple and carrot salad with lemon dressing	Banana mousse /7/	Fruit cake/ Yoghurt drink/ Fruits /1,3,7/
16.01.2026	Cornflakes/ Milk /7/	Tangerine	Potato cream soup/ Croutons /1,7/	Garganelli pasta with bolognese sauce and arugula/ Caesar salad /1,3,7/	Roasted pumpkin	Yellow cheese/ Milk/ Fruits /1,3,7/
19.01.2026	Couscous with butter and cheese/ Tea /1,3,7/	Apple	Broccoli cream soup/ Croutons /1,7/	Chicken roulades with crispy vegetables/ Lettuce, arugula, cherry tomatoes and parmesan	Fruit yoghurt with chia and blueberries /7/	Grilled sandwich with egg and yellow cheese/ Tea / Fruit /1,3,7/
20.01.2026	Sandwich with butter, mozzarella and tomato / Tea /1,7/	Kiwi	Lentil soup	Stuffed peppers with minced meat and bechamel sauce/ Roasted red peppers with sour cream/ /1,3,7/	Fruits	Savory cake/ Milk/ Fruits /1,3,7/
21.01.2026	Bread with avocado dip, boiled egg and cherry tomatoes/ Tea /1,3,7/	Banana	Duck soup with noodles /1,3,7,9/	Gratin/ Greek salad /3,7/	Baked sweet macaroni with milk /1,3,7/	Cheesecake/ Milk/ Fruits /1,3,7/
22.01.2026	Banitsa with white cheese/ Yoghurt drink /1,7/	Vegetable sticks with lemon juice	Pea cream soup with mint/ Croutons	Farfalle with fish, tomato sauce, pesto and parmesan/ Tomatoes with cheese /1,3,7/	Roasted pumpkin	Homemade cookies/ Milk/ Fruits /1,3,7/
23.01.2026	Muesli with dried fruits/ Yoghurt /7/	Orange	Borscht soup /9/	Pulled pork burger, caramelized onions, sauce, iceberg/ Shopska salad /1,7/	Fruit salad	Fruit muffin/ Banana smoothie/ Fruits /1,3,7/
26.01.2026	Macaroni with cheese and butter/ Tea /1,3,7/	Apple	Spinach and rice soup with seasoning /1,3,7,9/	Moussaka with 100% minced meat/ Green salad with radishes /1,3,7/	Fruits	Sandwich with butter and cucumbers/ Yoghurt drink/ Fruits /1,7/
27.01.2026	Grilled sandwich with yellow cheese / Tea /1,3,7/	Kiwi	Vegetable soup /9/	Baked pork with rice/ Egg salad with cheese and pickles /1,3,7/	Baked apple	Baked muffin with butter/ Milk/ Fruits /1,3,7/
28.01.2026	Cornflakes/ Milk /7/	Banana	Clear beef soup /9/	Vegetarian schnitzel with stewed corn in butter/ Salad with a slice of cheese /1,3,7/	Yoghurt cream with chia and blueberries /7/	Sandwich with avocado dip/ Iced tea/ Fruits
29.01.2026	Grilled sandwich Margharita/ Tea /1,7/	Banana	Carrot cream soup/ Croutons /1,7/	Pan-fried salmon/ Sautéed potatoes/ Sour cream salad with pickles /1,4,7/	Flan /3,7/	Apple strudel / Milk/ Fruits /1,3,7/
30.01.2026	Sandwich with Philadelphia and cucumber/ Tea /1,7 /	Orange	Vegetable soup /9/	Pizza with tomato sauce, mozzarella, dried tomatoes, green peppers and mushrooms / Iceberg salad, cherry tomatoes and quinoa /1.7/	Fruit salad	Savory muffins/ Yoghurt drink/ Fruits /1,7/

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.

Coordinated with Technologist	Prepared by: Nurses
Legend:	1. Gluten-containing cereals; 2. Crustaceans and their derivatives; 3. Eggs and their products; 4. Fish and fish products; 5. Peanuts and their derivatives; 6. Soy and soy products; 7. Milk and dairy products; 8. Nuts - almonds, walnuts, macadamia, hazelnuts, cashews, Brazil nuts, Queensland nuts; 9. Celery and its products; 10. Mustard and its products; 11. Sesame seeds and its products; 12. Sulfur dioxide and sulphites; 13. Lupin and its products; 14. Molluscs and their products