



St. George Preschool
Menu January 2026
3 - 6 years old

date	Breakfast	snack	Soup	Main meal	dessert	Afternoon breakfastt
05.01.2026	Pasta with butter and cheese/ Tea /1,3,7/	Apple	Tarator /7/	Grilled chicken fillets with a side dish of rice and vegetables / Mish-mash/ Cabbage and carrot salad	Fruit salad	Sesame bagel/ 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 of vegetables with butter/ Rice with spinach/ Yoghurt / Shepherd's salad /7/	Cheesecake /1,3,7/	Muffin with butter/ Cocoa milk/ Fruits /1,3,7/
07.01.2026	Grilled sandwich with fillet, yellow cheese and cucumber/ Grilled sandwich with yellow cheese and cucumber/ Tea /1,7/	Banana	Chicken soup / Milk soup with egg and cheese /9/	Potato meatballs with parsley and yellow cheese with fresh garnish/ Cucumber and olive salad with Vinaigrette sauce /1,3,7/	Fruits	Marble 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 soup of carrot, cauliflower and parmesan /Croutons	Breaded white fish with a side dish of steamed baby potatoes with rosemary/ Iceberg salad with cucumbers/1,3,7/	Cocoa cream /1,7/	Sweet roll with rosehip marmalade/ Tea/ Fruits /1,3,7/
09.01.2026	Sandwich with butter, yellow cheese and cucumber/ Tea /1,7/	Tangerine	Tomato soup	Lasagna with minced meat and Béchamel sauce/ Spinach lasagna/ 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 flakes with a side dish of country-style potatoes/ Quinoa and Sweet Potato Meatballs/ Green salad with cherry tomatoes and egg /1,3,7/	Fruits	Homemade biscuit roll/ Cocoa 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 with vegetables roll with a side dish of root vegetables/ Breaded yellow cheese/ Salad of carrots, radishes and celery /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, chicken fillet, cheddar and tomatoes/ Sandwich with Philadelphia, cheddar and tomatoes/ Tea /1,7/	Banana	Thick beef soup with noodles/ Spinach soup/1/	Gnocchi alla Sorrenta/ Mexican salad /1,3,7/	Fruit salad	Bread/ Milk/ Fruits /1,3,7/
15.01.2026	Club sandwich/ Vegetarian club sandwich/ Tea /1/	Vegetable sticks with lemon juice	Bean soup	Grilled trout fillet with a side of buttered corn/ Salad of apples, carrots and lemon dressing	Banana mousse /7/	Fruit cake/ Yoghurt drink/ Fruits /1,3,7/
16.01.2026	Chocolate cereal with milk /7/	Tangerine	Potato cream soup/ Croutons /1,7/	Pasta garganelli with Bolognese sauce/ Pasta garganelli with arugula, cherry tomatoes and parmesan/ Caesar salad /1,3,7/	Roasted pumpkin	Yellow cheese/ Tea/ Fruits /1,3,7/
19.01.2026	Couscous with butter and cheese/ Tea /1,3,7/	Apple	Cream of broccoli soup/Croutons /1,7/	Chicken roulades with crispy vegetables/ Cabbage rolls / Green salad, arugula, cherry tomatoes and parmesan	Fruit yoghurt with chia and strawberries /7/	Grilled sandwich with egg and yellow cheese/ Tea/ Fruit /1,3,7/
20.01.2026	Sandwich with butter, mozzarella, turkey fillet and tomato / Sandwich with butter, mozzarella and tomato/ Tea /1,7/	Kiwi	Lentil soup	Stuffed peppers with minced meat and Bechamel sauce/ Stuffed peppers with egg and cheese /milk 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	Soup with noodles and duck meat/ Tarator /1,3,7,9/	Gratin/ Greek salad /3,7/	Baked sweet macaroni with milk /1,3,7/	Cheesecake/ Hot chocolate/ Fruit /1,3,7/
22.01.2026	Banitsa with cheese/ Yoghurt drink /1,7/	Vegetable sticks with lemon juice	Cream of pea soup with mint/Croutons	Farfalle with fish, tomato sauce, pesto and parmesan/ Tomatoes with cheese/1,3,7/	Roasted pumpkin	Brownies/ Milk/ Fruits /1,3,7/
23.01.2026	Muesli with dried fruits and yoghurt /7/	Orange	Borscht soup /9/	Burger with pulled pork, caramelized onions, sauce and iceberg/ Vegetarian burger with potato patty, sauce, caramelized onions and iceberg/ Shop 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/ Oven baked rice with vegetables / Green salad with radishes and cucumbers/1,3,7/	Fruits	Sandwich with butter and fillet/ Yoghurt drink/ Fruits /1,7/
27.01.2026	Sandwich with minced meat and yellow cheese/ Sandwich with yellow cheese/ Tea /1,3,7/	Kiwi	Vegetable soup /9/	Pork with rice / Meatballs of spinach and cottage cheese/ Sour cream sauce / Salad of egg, cheese and pickles /1,3,7/	Baked apple	Baked muffin with butter/ Milk/ Fruits /1,3,7/
28.01.2026	Chocolate balls with milk /7/	Vegetable sticks with lemon juice	Beef soup/ Tomato soup /9/	Schnitzel with mashed potatoes/ Vegetarian schnitzel with a side dish of stewed corn/ Salad with a slice of white cheese /1,3,7/	Yoghurt cream with chia and blueberries /7/	Sandwich with avocado dip/ Iced tea/ Fruit
29.01.2026	Grilled sandwich "Pizza"/ Grilled sandwich "Pizza Margarita" / Tea /1,7/	Banana	Carrot cream soup/ Croutons /1,7/	Pan-fried salmon with sautéed potatoes/ Milk salad with pickles /1,4,7/	Flan /3,7/	Apple strudel / Cocoa milk/ Fruits /1,3,7/
30.01.2026	Sandwich with Philadelphia, ham and cucumber/ Sandwich with Philadelphia and cucumber/ Tea/1,7/	Orange	Colorful garden soup /9/	Pizza with tomato sauce, chicken fillet, mozzarella, olives and mushrooms/ 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%. Ayrar 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