



Date	Breakfast	104.	Salad	Soup	Main Meal	Dessert	Afternoon breakfast
05.01.2026	Butter and cheese stars/ Tea(1,7)	Apple	Roasted red pepper hummus/ Cabbage and carrot salad	Clear pork soup/ Tarator (1,7)	Grilled chicken fillets with risotto / Shepherd's pie / Mish-mash (1,3,7)	Fuit salad	Sesame bagel/ yogurt drink/ Fruit(1,7,11)
06.01.2026	Banitsa with cheese/yogurt drink(1,3,7)	Orange	Shepherd's salad/Italian green salad with pasta and tuna(3,7)	Rabbit soup / Red lentil cream soup / Croutons (1,6,7)	Pork with cabbage/ Stewed juicy veal with a side dish of vegetables with butter/ Rice with spinach/ yogurt (1,7)	Baked apples with cinnamon cream	Freshly baked muffin with butter/ milk with cocoa/ Fruit(1,3,7)
07.01.2026	Hot sandwich with fillet and yellow cheese/ cucumber/ tea Vega: Hot sandwich with yellow cheese/ cucumber/ tea(1,7)	Banana	Red bean salad/dressing/Cucumber and olive salad with "Vinagret" sauce	Chicken soup/ Milk soup with egg and cheese(1,3,7)	Pasticcio "Bolognese" / Baked pork shank stuffed with melted cheese and vegetables with broccoli garnish / Potato meatballs with parsley and yellow cheese with fresh garnish (1,3,7)	Fruits	Marble cake/ yogurt drink/ Fruit(1,3,7)
08.01.2026	Oatmeal with yogurt/fruit and coconut flakes(1,7)	Vegetable sticks	Eggplant caviar with strained yogurt/ Iceberg salad with cucumbers(7)	Cream of carrot, cauliflower and parmesan soup/Croutons(7)	Grilled fish/ Breaded white fish/ Braised baby potatoes with rosemary/ Grilled vegetables (1,3,4)	Cocoa cream(3,7)	Bread roll with rosehip marmalade/ 100% fruit juice/ Fruits(1,3,7)
09.01.2026	Combined breakfast /butter, cheese, chicken fillet, egg, olives, jam/ tea(1,3,7)	Tangerine	Venetian salad/ Milk salad with pickles(7)	Boiled beef/ Tomato soup (7)	Poultry stew / Lasagna with minced meat and bechamel sauce / Lasagna with spinach (1,3,7)	Fruit yogurt(7)	Pumpkin pie/ yogurt drink/ Fruit (1,3,7)
12.01.2026	Macaroni with cheese and butter/ Tea(1,7)	Apple	Green salad with cherry tomatoes and egg / Roasted red pepper dip with cheese(3,7)	Rabbit borscht/ Vegetable soup (1,7)	Pork with green beans/ yogurt/ Chicken flakes with egg and parsley breading/ rustic potato garnish/ Vegetarian quinoa and sweet potato meatballs(1,3,7)	Fruits	Homemade biscuit roll/ 100% orange juice/ Fruit(1,7)
13.01.2026	Buns / yogurt drink(1,3,7)	Kiwi	Köpoolu / Salad with carrots, radishes and celery(7)	Fish soup / Cream of cauliflower soup / Croutons (1,7)	Turkey meat with rice/ "Stephanie" roll with a side dish of root vegetables/ Yellow cheese bread (1,3,7)	Semolina halva with raisins(7)	Muffin with carrots and goji berries/ yogurt drink/ fruits (1,3,7)
14.01.2026	Ciabatta with Philadelphia, chicken fillet/cheddar/tomatoes/ Tea Vega: Ciabatta with Philadelphia/cheddar/tomatoes/ tea (1,7)	Banana	Salad "Nisoise" / Mexican salad(3)	Thick beef soup with noodles/ Spinach soup(1,7)	Marinated chicken julienne with Alfredo sauce and pickles/ Pulled pork with a garnish of carrot and parsnip puree/ Gnocchi alla Sorrentina (1,3,7)	Fruit salad	Kozunak/ fresh milk/ Fruit (1,3,7)
15.01.2026	Club sandwich/ Tea(1,7)	Vegetable sticks	Salad with apples and carrots and lemon dressing/Salad with tomatoes, olives and cheese(7)	Bean soup	Mackerel in tomato sauce in the oven/ Grilled trout fillet with corn garnish/ Vegetable pasticcio (4)	Banana mousse(7)	Fruit cake/ yogurt drink/ Fruit(1,3,7)
16.01.2026	Chocolate balls/fresh milk(7)	Tangerine	Caesar Salad / Roasted Red Pepper Salad with Parsley and Dressing(3,7)	Lemon chicken soup/ Potato cream soup/ Croutons (1,7)	Beef stew/Garganelli with Bolognese sauce/ Garganelli with arugula, cherry tomatoes and parmesan (1,7)	Roasted pumpkin	Yellow cheese/ apple juice 100%/ Fruit(1,3,7)
19.01.2026	Couscous with butter and cheese/ Tea(1,7)	Apple	Green salad, arugula, cherry tomatoes and parmesan/ Cabbage and carrots with milk sauce(7)	Pork knuckle soup/ Cream of broccoli soup/ croutons (1,7)	Chicken roulades with crispy vegetables / Cabbage rolls with 100% minced meat / Lean cabbage rolls (1)	Fruit yogurt with chia and strawberries(7)	Warm sandwich with egg and yellow cheese / Tea / Fruit (1,3,7)
20.01.2026	Sandwich with butter/mozzarella/turkey fillet/tomato/tea Vega: Sandwich with butter/mozzarella/tomato/tea (1,7)	Kiwi	"Iceberg" salad with chicken fillet and blueberry dressing/ Katuk(7)	Duck soup with noodles/ Monastery-style lentil soup(1)	Stuffed peppers with minced meat with bechamel sauce/ Marinated pork with crispy country potatoes / Lean peppers with eggs and cheese/ Milk sauce(1,3,7)	Fruits	Salty cake / fresh milk / Fruit (1,3,7)
21.01.2026	Slice with avocado dip/boiled egg and cherry tomatoes/tea(1,3)	Banana	Tricolor salad/ Greek salad(7)	Salmon soup / Tarator(7)	Chili Con Carne with veal/Cordon bleu with beans garnish with chutney/ Oatmeal/yogurt (3,7)	Baked pasta(1,3,7)	Cheesecake / hot chocolate / fruit (1,3,7)
22.01.2026	Banitsa with cheese/ Yogurt drink(1,3,7)	Vegetable sticks	Salad with arugula and cherry tomatoes / Tomatoes with cheese(7)	Cream of pea soup with mint/Croutons(7)	Crispy fish fillets with herb garlic paste/ Farfalle with fish, tomato sauce, pesto and parmesan(1,3,4)	Baked pumpkin with honey	Brownie / fruit juice 100% apple / fruit (3,6,7)
23.01.2026	Combined breakfast /butter, cheese, chicken fillet, egg, olives, jam/ tea(1,3,7)	Orange	Shopska salad/ Salad with cheese and egg and pickles(3,7)	Soup balls/ Borsch soup (1)	Turkey kebab with a side of stewed mixed vegetables/Burger with pulled pork, caramelized onions, sauce, iceberg/ Vegetarian burger with potato meatball, sauce, caramelized onions, iceberg (1,7)	Fruit salad	Fruit muffin/ Banana smoothie/ Fruit (1,3,7)
26.01.2026	Cornflakes with fresh milk(7)	Apple	Caprese with egg, mozzarella and basil pesto/ Green salad with radishes and cucumbers(3,7)	Chicken noodle soup/ Nettle soup with seasoning (1,3,7)	Juicy braised veal with sauce and a side dish of braised vegetables/ Moussaka with 100% minced meat/ Vegetarian liver sarma (1,3,7)	Fruits	Sandwich with butter and fillet/ yogurt drink/ fruit(1,7)
27.01.2026	Princess with minced meat and yellow cheese/tea Vega: Princess with yellow cheese/tea (1,7)	Kiwi	Taboule Salad/Salad with egg, cheese and pickles(3,7)	Rabbit soup/ Colorful garden soup(1)	Pork with baked rice/ Chicken according to Lovdzhyski/ Meatballs with spinach and cottage cheese/ milk sauce(1,7)	Baked apple	Freshly baked muffin with chocolate / 100% orange fruit juice / fruits(1,3,7)
28.01.2026	Cookies/fresh milk with cocoa(1,3,7)	Banana	Snow White / Layered salad with a slice of cheese(7)	Clear beef soup/ Tomato soup(1)	Rabbit meat with vegetables/ Wiener schnitzel with mashed potatoes garnish/ Vegetarian schnitzel with stewed corn garnish (1,3)	Yogurt cream with chia and blueberries(7)	Sandwich with avocado dip / Iced tea / Fruit(1,7)
29.01.2026	Hot pizza sandwich/tea(1,7)	Banana	Milk salad / Mix of green salads with chicken fillet, cherry tomatoes and quinoa(7)	Cream of carrot soup/Croutons(1,7)	Grilled mackerel fillet with basil pesto pasta garnish/ Pan-fried salmon/ sautéed potatoes(1,4)	Cream caramel(3,7)	Apple strudel /Fresh milk with cocoa/Fruit(1,3,7)
30.01.2026	Combined breakfast /butter, cheese, pork fillet, egg, olives, jam/ tea(1,3,7)	Orange	Iceberg salad, cherry tomatoes and quinoa/ Winter salad with vegetables(7)	Turkey soup/ Colorful garden soup (1)	Marinated pork knuckle with mashed potatoes/Pizza with tomato sauce, chicken fillet, mozzarella, olives and mushrooms/ Pizza with tomato sauce, mozzarella, dried tomatoes, green peppers and mushrooms (1,7)	Фърур канад	Savory muffins/100% fruit juice/fruit(1,3,7)
<p><i>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%. Ayrar 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).</i></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 Prepared by: Nurses</p>							

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