



ST. GEORGE INTERNATIONAL SCHOOL & PRESCHOOL

Menu March 2026 2 - 3 years old

Date	Breakfast	10 AM Snack	Soup	Main Course	Dessert	Afternoon Snack
02.03.2026	Cornflakes with fresh milk (7)	Apple	Cream of broccoli soup / Croutons (1)	Chicken Fricassee / Tomato, feta & olive salad (1,7)	Fruit	Sweet bread (kozunak) / Fresh milk / Fruit (1,3,7)
04.03.2026	Banitsa with feta cheese / Ayran (1,3,7)	Orange	Boiled beef soup	Mish-mash / Snezhanka salad (3,7)	Yoghurt with blueberries (7)	Muffin / Tea / Fruit (1,3,7)
05.03.2026	Princess toast with cheese & egg (1,3,7)	Vegetable sticks	Tomato soup	Tagliatelle with salmon & sun-dried tomatoes / Potato salad (1,3,4)	Fruit salad	Freshly baked butter roll / Fresh milk / Fruit (1,3,7)
06.03.2026	Sandwich with butter, yellow cheese & cucumber / Tea (1,7)	Kiwi	Cream of potato soup / Croutons (1)	Turkey with vegetables / Vitamin salad	Crème brûlée (3,7)	Jam roll / Tea / Fruit (1,3,7)
09.03.2026	Pasta with butter & cheese / Tea (1,7)	Apple	Cream of courgette soup / Croutons (1)	Moussaka + yoghurt / Greek salad (1,3,7)	Fruit	Shortbread biscuits / Tea / Fruit (1,3,7)
10.03.2026	Sweet bread (kozunak) / Fresh milk (1,7)	Banana	Rabbit soup / Minestrone (1)	Chicken fillets coated in cornflakes / Steamed vegetables / Tzatziki salad (1,7)	Yoghurt with chia & blueberries (7)	Savoury muffin / 100% fruit juice / Fruit (1,3,7)
11.03.2026	Philadelphia sandwich with yellow cheese & cucumber / Tea (1,7)	Orange	Pork soup / Cream of cauliflower soup	Potato patties / Shopska salad (1,3)	Baked pumpkin	Biscuits / Fresh milk (7)
12.03.2026	Cornflakes with fresh milk (7)	Vegetable sticks	Vegetable soup with noodles (1)	Baked salmon with baby carrots & sweetcorn / Potato salad (1,4)	Fruit salad	Cheese pastry / Tea / Fruit (1,3,7)
13.03.2026	Sandwich with butter & forest fruit jam / Fresh milk (1,7)	Kiwi	Cream of sweetcorn soup / Croutons (1)	Margherita pizza / Layered salad with feta (1,7)	Vanilla cream (7)	Freshly baked butter roll / Fresh milk / Fruit (1,3,7)
16.03.2026	Couscous with butter & cheese / Tea (1,7)	Apple	Tarator (cold yoghurt & cucumber soup) (7)	Viennese schnitzel with roasted potatoes / Caprese salad (1,7)	Fruit	Orange tart / Tea / Fruit (1,3,7)
17.03.2026	Hot cheese sandwich / Tea (1,7)	Banana	Cream of potato soup / Croutons (1)	Pasta Carbonara / Greek salad (1)	Baked apple	Baked cheesecake / Fruit (1,3,7)
18.03.2026	Cornflakes with fresh milk (7)	Orange	Meatball soup / Bean soup	Baked potatoes with gherkins & yellow cheese / Cucumber, avocado & dill salad (7)	Yoghurt with forest fruits (7)	Muffin / Tea / Fruit (1,3,7)
19.03.2026	Banitsa with feta cheese / Ayran (1,3,7)	Vegetable sticks	Tomato soup	Breaded white fish with steamed vegetables / Tomato, olive & feta salad (4,7)	Rice pudding (7)	Cottage cheese roll / Ayran / Fruit (1,3,7)
20.03.2026	Muesli with fruit & yoghurt (7)	Kiwi	Cream of vegetable soup / Croutons (1)	Margherita pizza / Shopska salad (1)	Fruit salad	Biscuits / Fresh milk / Fruit
23.03.2026	Pasta with butter & cheese / Tea (1,7)	Apple	Cream of pumpkin soup / Croutons (1)	Grilled kebabche with country-style potatoes / Layered salad with feta (7)	Fruit	Sweet bread (kozunak) / Tea / Fruit (1,3,7)
24.03.2026	Sandwich with cream cheese, yellow cheese & cucumber / Ayran (1,7)	Banana	Minestrone (1)	Peas with beef / Green salad with cherry tomatoes	Yoghurt with chia & blueberries (7)	Butter croissant / Fresh milk / Fruit (1,3,7)
25.03.2026	Cornflakes with fresh milk (7)	Orange	Rabbit soup (9)	Rice with spinach, tomatoes & baked yellow cheese / Tzatziki (7)	Vanilla cream (7)	Baked cheesecake / Fresh milk / Fruit (1,3,7)
26.03.2026	Philadelphia sandwich with yellow cheese & cucumber / Tea (1,7)	Vegetable sticks	Cream of potato soup	Pasta with tuna & sauce / Bean salad with tomatoes, peppers & red onion (1,3,4)	Fruit salad	Jam roll / Tea / Fruit (1,3,7)
27.03.2026	Porridge oats with fresh milk & banana (7)	Kiwi	Cream of pea soup / Croutons (1)	Chicken kavarma with egg / Shopska salad (3)	Semolina halva (1)	Savoury muffin / Ayran / Fruit (1,3,7)

All products included in the menu comply with the regulations on the specific requirements for food safety and quality in childcare settings. In particular, bread, pastry, and potato products are low in fat, salt, and sugar. Fruits and vegetables are primarily fresh, with frozen and dried options preferred over preserved ones; they must also be low in salt, sugar, fats, synthetic colourings, preservatives, and other additives. Natural juices are 100% fruit. Jams and marmalades contain over 60% fruit and less than 15% sugar. Fresh and yoghurt milk products contain 2% fat, while other dairy products contain up to 3% fat. Ayran is prepared without added salt. Meat and meat products are free from visible tendons, excess fat, and bones. Minced meat is either beef or a beef and pork blend in a 60/40 ratio. Poultry is served without skin. Fish is preferably fresh rather than frozen, boneless, and low in salt. Eggs are fresh, stored under refrigeration, and within their expiry date. All food products used in children's meals comply with Bulgarian State Standards (BDS).

Approved by the Head Chef of STG/SGP

Изготвил: Nurses STG

Allergen Legend

1. Gluten-containing cereals 🌾
2. Crustaceans and derivatives 🦞
3. Eggs and egg products 🥚
4. Fish and fish products 🐟
5. Peanuts and derivatives 🥜
6. Soy and soy products 🌱
7. Milk and dairy products 🥛
8. Nuts (almonds, walnuts, macadamia, hazelnuts, cashew, Brazil nuts, Queensland nuts) 🌰
9. Celery and celery products 🌿
10. Mustard and mustard products 🌿
11. Sesame seeds and products 🌱
12. Sulphur dioxide and sulphites 🌿
13. Lupin and lupin products 🌱
14. Molluscs and mollusc products 🐌