



ST. GEORGE INTERNATIONAL SCHOOL & PRESCHOOL

Menu February 2026 2 - 3 years old

Date	Breakfast	10 AM Snack	Soup	Main Course	Dessert	Afternoon Snack
02.02.2026	Toast with cheese & egg / Tea (1 🍞, 3 🍔, 7 🍵)	Apple	Cream of potato soup with croutons (1 🍞)	Spaghetti Bolognese with minced meat / Mixed green salad with cherry tomatoes & Parmesan (1 🍞, 3 🍔, 7 🍵)	Vanilla mousse (7 🍵)	Homemade dried fruit cake / Milk (1 🍞, 3 🍔, 7 🍵)
03.02.2026	Cornflakes with milk (7 🍵)	Orange	Cream of cauliflower soup with croutons (1 🍞)	Grilled chicken fillet with steamed broccoli, cauliflower & carrots / Snezhanka salad (7 🍵, 9 🥗)	Fruit	Cheese swirl pastry / Tea / Fruit (1 🍞, 3 🍔, 7 🍵)
04.02.2026	Sandwich with Philadelphia, Cheddar & tomato / Tea (1 🍞, 7 🍵)	Banana	Chicken soup (9 🥗)	Baked courgettes with rice / Yoghurt / Greek salad (1 🍞)	Vanilla cream with fresh fruit (7 🍵)	Baked cheesecake / Fresh milk / Fruit (1 🍞, 3 🍔, 7 🍵)
05.02.2026	Banitsa with feta cheese / Ayran (1 🍞, 3 🍔, 7 🍵)	Vegetable sticks with lemon	Tomato soup	Crispy white fish with pasta / Roasted pepper, tomato & cheese salad (1 🍞, 3 🍔, 4 🍜, 7 🍵)	Caramelised apple	Cheese & cucumber sandwich / Tea / Fruit (1 🍞, 7 🍵)
06.02.2026	Sandwich with butter, cheese & cucumber / Boiled egg / Tea (1 🍞, 3 🍔, 7 🍵)	Kiwi	Spinach soup (9 🥗)	Margherita pizza with pesto, tomatoes & cheese / Shopska salad (1 🍞, 7 🍵)	Fruit salad	Muffin / Tea / Fruit (1 🍞, 3 🍔, 7 🍵)
09.02.2026	Sweet bread (kozunak) / Milk (1 🍞, 3 🍔, 7 🍵)	Apple	Root vegetable cream soup with croutons (1 🍞)	Chicken strips with sesame, steamed cauliflower & buttered sweetcorn / Vitamin salad (1 🍞, 3 🍔, 7 🍵)	Semolina halva	Banana cake / Ayran / Fruit (1 🍞, 3 🍔, 7 🍵)
10.02.2026	French toast/ Ayran (1 🍞, 7 🍵)	Banana	Pumpkin cream soup with croutons (1 🍞)	Grilled kebabche with broccoli / Iceberg salad with cucumber	Fruit	Butter croissant / Banana smoothie / Fruit (1 🍞, 3 🍔, 7 🍵)
11.02.2026	Sandwich with Philadelphia, cheese & cucumber / Tea (1 🍞, 7 🍵)	Orange	Clear rabbit soup (9 🥗)	Breaded cheese with fresh salad / Pickle salad with cream cheese & eggs (1 🍞, 3 🍔, 7 🍵)	Fruit salad	Mini pancakes with blueberry topping / Fresh milk / Fruit (1 🍞, 7 🍵)
12.02.2026	Cornflakes with milk (1 🍞)	Vegetable sticks with lemon	Garden bean soup (9 🥗)	Baked white fish with rice & vegetables / Caprese salad with egg & basil pesto (3 🍔, 4 🍜)	Crème caramel (1 🍞, 3 🍔, 7 🍵)	Cheese roll / Tea / Fruit (1 🍞, 3 🍔, 7 🍵)
13.02.2026	Sandwich with butter, cheese & cucumber / Boiled egg / Tea (1 🍞, 3 🍔, 7 🍵)	Kiwi	Gazpacho with basil pesto & cheese (7 🍵)	Lasagne Bolognese / Caesar salad (1 🍞, 7 🍵)	Yoghurt with chia & blueberries (7 🍵)	Homemade biscuits / Iced tea / Fruit (1 🍞, 3 🍔, 7 🍵)
16.02.2026	Couscous with butter & cheese / Tea (1 🍞, 7 🍵)	Apple	Vegetable noodle soup (1 🍞, 9 🥗)	Veal meatballs with penne, Parmesan pesto & tomato sauce / Layered salad (7 🍵)	Pumpkin mousse (7 🍵)	Fresh butter roll / Banana smoothie / Fruit (1 🍞, 3 🍔, 7 🍵)
17.02.2026	Cottage cheese roll / Ayran (1 🍞, 3 🍔, 7 🍵)	Banana	Tarator (1 🍞)	Shepherd's pie / Katak dip (7 🍵)	Yoghurt with chia & blueberries (7 🍵)	Hot sandwich with egg & cheese / Tea (3 🍔, 7 🍵)
18.02.2026	Cornflakes with milk (7 🍵)	Orange	Chicken noodle soup (1 🍞, 9 🥗)	Roasted peppers with egg & cheese / Green salad (1 🍞, 3 🍔, 7 🍵)	Coconut cream with fruit	Savoury muffin / Tea / Fruit (1 🍞, 3 🍔, 7 🍵)
19.02.2026	Toast with egg & cheese / Tea (1 🍞, 3 🍔, 7 🍵)	Vegetable sticks with lemon	Garden vegetable soup (9 🥗)	Breaded white fish with baby potatoes & rosemary / Shopska salad (1 🍞, 3 🍔, 4 🍜, 7 🍵)	Vanilla cream (7 🍵)	Jam roll / Fresh milk / Fruit (1 🍞, 3 🍔, 7 🍵)
20.02.2026	Sandwich with butter, cheese, olives & tomato / Boiled egg / Tea (1 🍞, 3 🍔, 7 🍵)	Kiwi	Cream of potato soup with croutons (1 🍞)	Chicken gyros / Shepherd's salad (1 🍞, 7 🍵)	Baked apple with honey	Avocado & cheese toast / Iced tea / Fruit (1 🍞, 7 🍵)
23.02.2026	Pastina with butter & cheese / Tea (1 🍞, 7 🍵)	Apple	Red lentil cream soup	Pork roulade stuffed with melted cheese & vegetables / Mashed potatoes / Green salad (7 🍵)	Fruit	Sweet bread / Tea / Fruit (1 🍞, 3 🍔, 7 🍵)
24.02.2026	Toast with cheese & cucumber / Tea (1 🍞, 7 🍵)	Banana	Roasted red pepper cream soup with croutons (1 🍞)	Roast chicken with potatoes / Snezhanka salad (7 🍵)	Crème caramel with pumpik (3 🍔, 7 🍵)	Marble cake / Fresh milk / Fruit (1 🍞, 3 🍔, 7 🍵)
25.02.2026	Cornflakes with milk (7 🍵)	Orange	Meatball soup (1 🍞, 9 🥗)	Saffron risotto with sun-dried tomatoes / Vitamin salad	Yoghurt with chia & blueberries (7 🍵)	Apple pie / Iced tea / Fruit (1 🍞, 3 🍔, 7 🍵)
26.02.2026	Banitsa / Ayran (1 🍞, 3 🍔, 7 🍵)	Vegetable sticks with lemon	Carrot cream soup with croutons (1 🍞)	Pan-fried salmon with steamed vegetables / Potato salad (4 🍜)	Fruit salad	Vegetable tortilla / Fruit smoothie / Fruit (1 🍞, 7 🍵)
27.02.2026	Toast with cheese & egg / Tea (1 🍞, 3 🍔, 7 🍵)	Kiwi	Pumpkin cream soup with croutons (7 🍵)	Spaghetti Bolognese with minced meat / Iceberg, rocket & Parmesan salad (1 🍞, 7 🍵)	Vanilla cream (7 🍵)	Butter croissant / Fresh milk / 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 🐚				