



ST. GEORGE INTERNATIONAL SCHOOL & PRESCHOOL

Menu March 2026 3- 6 years old

Date	Breakfast	Snack	Soup	Main Course	Dessert	Afternoon Snack
02.03.2026	Cornflakes with fresh milk (7)	Apple	Cream of broccoli soup / Croutons (1)	Chicken Fricassee / Rice with spinach / 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 / Cream of vegetable soup 🥬	Mish-mash (scrambled eggs with peppers & cheese) / Snezhanka salad (3,7)	Yoghurt with blueberries (7)	Muffin / Tea / Fruit (1,3,7)
05.03.2026	"Princess" toast with cheese & egg / Tea (1,3,7)	Vegetable sticks	Tomato soup	Tagliatelle with salmon & sun-dried tomatoes / Tagliatelle with rocket & cherry tomatoes / Potato salad (1,4)	Fruit salad	Freshly baked butter roll / Cocoa milk / Fruit (1,3,7)
06.03.2026	Sandwich with butter, turkey fillet, yellow cheese & cucumber / Sandwich with butter, yellow cheese & cucumber / Tea (1,7)	Kiwi	Cream of potato soup / Croutons (1)	Turkey with vegetables / Red rice with tomatoes (Ghana) / 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 / Breaded cheese with fresh salad / Greek salad (1,3,7)	Fruit	Biscuits / Tea / Fruit (1,3,7)
10.03.2026	Sweet bread (kozunak) / Fresh milk (1,3,7)	Banana	Minestrone soup (1)	Chicken fillets coated in cornflakes with steamed vegetables / Courgette gratin / Tzatziki salad (1,3,7)	Yoghurt with chia & strawberries (7)	Savoury muffin / Ayran / Fruit (1,3,7)
11.03.2026	Sandwich with Philadelphia, turkey fillet, yellow cheese & tomato / Sandwich with Philadelphia, yellow cheese & cucumber / Tea (1,7)	Orange	Pork soup / Cream of cauliflower soup	Lithuanian-style potato patties / Shopska salad (1,3,7) 🇱🇹	Baked pumpkin	Brownie / Fresh milk / Fruit (1,3,7)
12.03.2026	Chocolate cereal with fresh milk (7)	Vegetable sticks	Vegetable soup with noodles (1)	Baked salmon with baby carrots & sweetcorn / Pasta "Neapolitana" / Potato salad (1,4)	Fruit salad	Cheese pastry / Tea / Fruit (1,3,7)
13.03.2026	Sandwich with butter & strawberry jam / Fresh milk (1,7)	Kiwi	Cream of sweetcorn soup / Croutons (1)	Capricciosa pizza / Margherita pizza / Layered salad with feta (1,7)	Vanilla cream (7)	Freshly baked butter roll / Cocoa 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 / Rice with mixed vegetables / Caprese salad (1,3,7)	Fruit	Orange tart / Tea / Fruit (1,3,7)
17.03.2026	Ham & cheese toast / Cheese toast / Tea (1,7)	Banana	Cream of potato soup / Croutons (1)	Pasta Carbonara / Vegetable stew / Greek salad (1,3,7)	Baked apple	Baked cheesecake / Cocoa milk / Fruit (1,3,7)
18.03.2026	Chocolate cereal 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 / Pasta with tomato sauce / Tomato, olive & feta salad (1,3,4,7)	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)	Pizza with chicken fillet, sweetcorn, processed cheese & yellow cheese / Margherita pizza / Shopska salad (1,7)	Fruit salad	Brownie / Fresh milk / Fruit (1,3,7)
23.03.2026	Pasta with butter & cheese / Tea (1,7)	Apple	Cream of pumpkin soup / Croutons (1)	Grilled kebapche with country-style potatoes / Shopski-style baked feta / Layered salad with feta (7)	Fruit	Sweet bread (kozunak) / Tea / Fruit (1,3,7)
24.03.2026	Sandwich with cream cheese, pork fillet, yellow cheese & cucumber / Sandwich with cream cheese, yellow cheese & cucumber / Ayran (1,7)	Banana	Minestrone soup (1,7)	Peas with beef / Panagyurishte-style eggs / Green salad with cherry tomatoes (3,7)	Yoghurt with chia & strawberries (7)	Butter croissant / Fresh milk / Fruit (1,3,7)
25.03.2026	Cornflakes with fresh milk (7)	Orange	Rabbit soup / Mixed vegetable soup	Rice with spinach & tomato topped with baked yellow cheese / Tzatziki salad (7)	Cocoa cream (7)	Baked cheesecake / Cocoa milk / Fruit (1,3,7)
26.03.2026	Sandwich with Philadelphia, turkey fillet, yellow cheese & tomato / Sandwich with Philadelphia, yellow cheese & cucumber / Tea (1,7)	Vegetable sticks	Cream of potato soup	Pasta with tuna & sauce / Pasta with tomato sauce / Bean salad with tomatoes, peppers & red onion (1,4)	Fruit salad	Jam roll / Tea / Fruit (1,3,7)
27.03.2026	Porridge oats with fresh milk & banana (1,7)	Kiwi	Cream of pea soup / Croutons (1)	Chicken kavarma with egg / Breaded cauliflower with dairy sauce / Shopska salad (1,3,7)	Semolina halva	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 🐌