



ST. GEORGE INTERNATIONAL SCHOOL & PRESCHOOL

Menu February 2026 3- 6 years old

Date	Breakfast	Snack	Soup	Main	Dessert	Afternoon Snack
02.02.2026	Minced meat & yellow cheese toast / Toast with egg & yellow cheese / Tea (1 🍞, 3 🥚, 7 🍵)	Apple	Cream of potato soup with croutons (1 🍊)	Bolognese pasta with minced meat / Pasta with rocket, cherry tomatoes & Parmesan (1 🍞, 3 🥚, 7 🍵)	Chocolate mousse (7 🍵)	Homemade dried fruit cake / Fresh milk / Fruit (1 🍞, 3 🥚, 7 🍵)
03.02.2026	Cornflakes with fresh milk (7 🍵)	Orange	Cream of cauliflower soup with croutons (1 🍊)	Grilled chicken fillet with steamed broccoli, cauliflower & carrots / Dobruja-style stew / Snezhanka salad (7 🍵, 9 🥬)	Fruit	Cheese swirl pastry / Tea (1 🍞, 3 🥚, 7 🍵)
04.02.2026	Sandwich with Philadelphia, chicken fillet, Cheddar & tomato / Sandwich with Philadelphia, Cheddar & tomato / Tea (1 🍞, 7 🍵)	Banana	Chicken soup / Cream of pea & mint soup / Croutons (1 🍊)	Baked courgettes with rice / Yoghurt / Greek salad (1 🍊, 7 🍵)	Vanilla cream with fresh fruit (7 🍵)	Baked cheesecake / Cocoa milk / Fruit (1 🍞, 3 🥚, 7 🍵)
05.02.2026	Banitsa with feta cheese / Ayran (1 🍞, 3 🥚, 7 🍵)	Vegetables with lemon juice	Tomato soup	Crispy white fish with pasta garnish / Roasted pepper, tomato & feta cheese salad (1 🍞, 3 🥚, 4 🐟, 7 🍵)	Caramelised apple	Wholegrain sandwich with ham, cheese & cucumber / Wholegrain sandwich with cheese & cucumber / Tea (1 🍞, 3 🥚, 7 🍵)
06.02.2026	Sandwich with butter, turkey fillet, cheese & cucumber / Sandwich with butter, cheese & cucumber / Boiled egg / Tea (1 🍞, 3 🥚, 7 🍵)	Kiwi	Spinach soup	Pizza with tomato sauce, chicken, pickles, mozzarella & cheese / Margherita pizza / Shopska salad (1 🍞, 7 🍵)	Fruit salad	Muffin / Tea / Fruit (1 🍞, 3 🥚, 7 🍵)
09.02.2026	Sweet bread (Kozunak) / Fresh milk (1 🍞, 3 🥚, 7 🍵)	Apple	Root vegetable cream soup / Croutons (1 🍊)	Breaded chicken strips with sesame & steamed cauliflower and buttered sweetcorn / Shakshuka / 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 / Croutons (1 🍊)	Grilled kebabche with broccoli / Spinach & ricotta ravioli / Iceberg salad (1 🍞, 3 🥚, 7 🍵)	Fruits	Biscuit roll / Banana smoothie / Fruit (1 🍞, 3 🥚, 7 🍵)
11.02.2026	Sandwich with Philadelphia, turkey fillet, cheese & cucumber / Sandwich with Philadelphia & cheese / Tea (1 🍞, 3 🥚, 7 🍵)	Orange	Clear rabbit soup / Cold yoghurt soup (Tarator) (3 🥚, 7 🍵, 9 🥬)	Breaded cheese with fresh salad / Pickle salad with cream cheese & egg (1 🍞, 3 🥚, 7 🍵)	Fruit salad	Brownie / Cocoa milk / Fruit (7 🍵)
12.02.2026	Cocoa Puffs with milk (7 🍵)	Vegetables with lemon juice	Bean soup - garden style (9 🥬)	Baked white fish with rice & vegetables / Caprese salad with egg & basil pesto (3 🥚, 4 🐟, 7 🍵)	Crème caramel (1 🍞, 3 🥚, 7 🍵)	Cheese roll / Tea / Fruit (1 🍞, 3 🥚, 7 🍵)
13.02.2026	Sandwich with butter, turkey fillet, cheese & cucumber / Sandwich with butter, cheese & cucumber / Boiled egg / Tea (1 🍞, 3 🥚, 7 🍵)	Kiwi	Gazpacho with basil pesto & cheese (7 🍵)	Bolognese lasagne / Spinach, cheese & mozzarella lasagne / Caesar salad (1 🍞, 7 🍵)	Chia yoghurt with strawberries (7 🍵)	Homemade biscuits / Ice tea / Fruit (1 🍞, 3 🥚, 7 🍵)
16.02.2026	Couscous with butter & cheese / Tea (1 🍞, 7 🍵)	Apple	Vegetable soup with noodles (1 🍞, 9 🥬)	Veal meatballs with penne & Parmesan pesto in tomato sauce / Mushroom risotto / Layered salad (1 🍞, 7 🍵)	Pumpkin mousse (7 🍵)	Fresh baked butter roll / Banana smoothie / Fruit (1 🍞, 3 🥚, 7 🍵)
17.02.2026	Cottage cheese roll / Ayran (1 🍞, 3 🥚, 7 🍵)	Banana	Cold yoghurt soup (Tarator) (7 🍵, 9 🥬)	Shepherd's pie / Buckwheat & egg patties with herbs / Yogurt Dip / Katuk / Katuk (3 🥚, 7 🍵)	Chia yoghurt with strawberries (7 🍵)	Ham & Cheese toast / Tea / Fruit (1 🍞, 3 🥚, 7 🍵)
18.02.2026	Cornflakes with milk (7 🍵)	Orange	Milk soup / Chicken noodle soup (1 🍞, 7 🍵, 9 🥬)	Roasted peppers with egg & feta cheese / Green salad with cherry tomatoes & cucumber (3 🥚, 7 🍵)	Coconut cream with fruit	Savoury muffin / Tea / Fruit (1 🍞, 3 🥚, 7 🍵)
19.02.2026	Egg & Cheese toast / Tea (1 🍞, 3 🥚, 7 🍵)	Vegetables with lemon juice	Garden vegetable soup (9 🥬)	Breaded white fish with baby potatoes & rosemary / Shopska salad (1 🍞, 3 🥚, 4 🐟, 7 🍵)	Cocoa cream (7 🍵)	Jam roll / Milk / Fruit (1 🍞, 3 🥚, 7 🍵)
20.02.2026	Sandwich with butter, pork fillet, cheese, olives & tomato / Sandwich with butter, cheese, olives & tomato / Boiled egg / Tea (1 🍞, 3 🥚, 7 🍵)	Kiwi	Potato cream soup / Croutons (1 🍊)	Chicken gyros / Vegetable gyros / Shepherd's salad (1 🍞, 7 🍵)	Baked apple with honey	Avocado, cheese & olive oil toast / Ayran / Fruit (1 🍞, 7 🍵)
23.02.2026	Pastina with feta cheese and butter / Tea (1 🍞, 7 🍵)	Apple	Red lentil cream soup	Stuffed pork roulade with melted cheese & vegetables with mashed potatoes / Panagyurishte-style eggs / Green salad (3 🥚, 7 🍵)	Fruit	Sweet bread (Kozunak) / Tea / Fruit (1 🍞, 3 🥚, 7 🍵)
24.02.2026	Toast with turkey fillet, cheese & cucumber / Toast with cheese & cucumber / Tea (1 🍞, 7 🍵)	Banana	Roasted red pepper cream soup / Croutons (1 🍊)	Roast chicken with potatoes / Stuffed peppers (meat-free) / Yoghurt / Snezhanka salad (7 🍵)	Crème caramel with pumpkin (3 🥚, 7 🍵)	Marble cake / Milk / Fruit (1 🍞, 3 🥚, 7 🍵)
25.02.2026	Cocoa Puffs with milk (7 🍵)	Orange	Meatball soup / Minestrone (1 🍊, 9 🥬)	Saffron risotto with sun-dried tomatoes / Vitamin salad	Chia yoghurt with strawberries (7 🍵)	Apple pie / Ice tea / Fruit (1 🍞, 3 🥚, 7 🍵)
26.02.2026	Banitsa / Ayran (1 🍞, 3 🥚, 7 🍵)	Vegetables with lemon juice	Carrot cream soup / 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 mince & cheese / Toast with cheese & egg / Tea (1 🍞, 3 🥚, 7 🍵)	Kiwi	Pumpkin cream soup / Croutons (1 🍊)	Spaghetti Bolognese / Spaghetti with rocket, cherry tomatoes & Parmesan / Iceberg & rocket salad (1 🍞, 7 🍵)	Cocoa cream (7 🍵)	Butter croissant / Fresh milk / Fruit (1 🍞, 3 🥚, 7 🍵)
<p>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).</p>						
Approved by the Head Chef of STG/SGP		Изгответ: 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 🥤				