



ST. GEORGE INTERNATIONAL SCHOOL & PRESCHOOL

Menu March 2026

Date	Breakfast	Snack	Salad	Soup	Main Course	Dessert	Afternoon Snack
02.03.2026	Cornflakes with fresh milk (1,7)	Apple	Iceberg, rocket & avocado salad / Tomato, feta & olive salad (7)	Meatball soup / Cream of broccoli soup with croutons (1,7)	Beef tas kebab / Chicken fricassee / Rice with spinach (1,7)	Fruit	Sweet bread (kozunak) / Fresh milk / Fruit (1,3,7)
04.03.2026	Banitsa with feta cheese / Ayran (1,3,7)	Orange	Snezhanka salad / Green salad with radishes & Parmesan (7)	Boiled beef soup / Cream of vegetable soup with croutons (1,7)	Grilled meatballs with roasted potatoes / Pork with green beans / Mish-mash (3,7)	Yoghurt with blueberries (7)	Muffin / Tea / Fruit (1,3,7)
05.03.2026	Toast with cheese & egg (1,3,7)	Vegetable sticks	Shopska salad / Potato salad (7)	Tomato soup (7)	Breaded hake with steamed vegetables / Tagliatelle with salmon & sun-dried tomatoes / Tagliatelle with rocket & cherry tomatoes (1,3,4,7)	Fruit salad	Freshly baked butter roll / Cocoa milk / Fruit (1,3,7)
06.03.2026	Combined breakfast (butter, turkey fillet, cheese, jam, egg, cucumber) / Tea (1,3,7)	Kiwi	Vitamin salad / Yoghurt salad with gherkins & dill (7)	Chicken noodle soup / Cream of potato soup with croutons (1,7)	Beef with chickpeas / Turkey with vegetables / Red rice with tomatoes (Ghana)	Crème brûlée (3,7)	Jam roll / Tea / Fruit (1,3,7)
09.03.2026	Pasta with butter & cheese / Tea (1,7)	Apple	Greek salad / Roasted pepper salad with dill (7)	Turkey soup / Cream of courgette soup with croutons (7)	Rabbit stew with peas / Moussaka with yoghurt / Breaded cheese with fresh salad (6,7)	Fruit	Shortbread biscuits / Tea / Fruit (1,3,7)
10.03.2026	Sweet bread (kozunak) / Fresh milk (1,3,7)	Banana	Tzatziki / Green salad with cherry tomatoes, rocket & Parmesan (7)	Rabbit soup / Minestrone (6)	Chicken fillets coated in cornflakes / Steamed vegetables / Pork with rice / Courgette gratin (1,3,7)	Yoghurt with chia & strawberries (7,11)	Savoury muffin / 100% fruit juice / Fruit (1,3,7)
11.03.2026	Ciabatta with Philadelphia, turkey fillet, cheese & tomato / Vegetarian: Ciabatta with Philadelphia, cheese & cucumber (1,7)	Orange	Chickpea, pepper, red onion & parsley salad / Shopska salad (7)	Pork soup / Cream of cauliflower soup with croutons (1,7)	Beef tas kebab with rice / Chicken Alfredo / Potato patties (Lithuania) (1,3,7)	Baked pumpkin	Brownie / Cocoa milk / Fruit (1,3,7)
12.03.2026	Chocolate cereal balls with fresh milk (7)	Vegetable sticks	Caesar salad / Potato salad (7)	Vegetable soup with noodles (1)	Baked salmon with baby carrots & sweetcorn / Pasta with white fish & tomato sauce / Pasta Neapolitana (1,4,7)	Fruit salad	Cheese pastry / Tea / Fruit (1,3,7)
13.03.2026	Combined breakfast (butter, pork fillet, cheese, jam, egg, olives, tomato) / Tea (1,3,7)	Kiwi	Katuk dip / Layered salad with feta (7)	Chicken soup / Cream of sweetcorn soup with croutons (1,7)	Pork with cabbage / Capricciosa pizza / Margherita pizza (1,7)	Vanilla cream (3,7)	Freshly baked butter roll / Cocoa milk / Fruit (1,3,7)
16.03.2026	Couscous with butter & cheese / Tea (1,7)	Apple	Baby spinach, rocket & cucumber salad / Caprese salad (7)	Rabbit soup / Tarator (7)	Goulash (Hungary) / Viennese schnitzel with roasted potatoes / Rice with mixed vegetables (1,7)	Fruit	Orange tart / Tea / Fruit (1,3,7)
17.03.2026	Ham & cheese Toast/ Vegetarian: Cheese Toast(1,7)	Banana	Greek salad / Tzatziki (7)	Turkey noodle soup / Cream of potato soup (1,7)	Irish beef stew / Pasta Carbonara / Vegetable casserole (1,7)	Baked apple	Baked cheesecake / Cocoa milk / Fruit (1,3,7)
18.03.2026	Chocolate cereal with fresh milk (7)	Orange	Kyopolou (roasted aubergine dip) / Cucumber, avocado & dill salad	Meatball soup / Bean soup (6)	Pork kavarma / Turkey with rice / Baked potatoes with gherkins & cheese (1,7)	Yoghurt with forest fruits (7)	Muffin / Tea / Fruit (1,3,7)
19.03.2026	Banitsa with feta cheese / Ayran (1,7)	Vegetable sticks	Green salad with radishes & sweetcorn / Tomato, olive & feta salad (7)	Tomato soup	Breaded white fish with steamed vegetables / Pasta with fish meatballs & tomato sauce / Pasta with tomato sauce (1,3)	Rice pudding (1,7)	Cottage cheese roll / Ayran / Fruit (1,3,7)
20.03.2026	Combined breakfast (butter, turkey fillet, cheese, jam, egg, cucumber) / Tea (1,3,7)	Kiwi	Shopska salad / Tuna salad (4,7)	Chicken soup / Cream of vegetable soup with croutons (1,7)	Couscous with chicken & vegetables (Tunisia) / Chicken pizza with sweetcorn & cheese / Margherita pizza (1,7)	Fruit salad	Brownie / Cocoa milk / Fruit (1,3,7)
23.03.2026	Pasta with butter & cheese / Tea (1,7)	Apple	Vitamin salad / Layered salad with feta (7)	Pork soup / Cream of pumpkin soup with croutons (1,7)	Chicken biryani (Pakistan) / Grilled kebabche with country-style potatoes / Shopska-style baked cheese (1,7)	Fruit	Sweet bread (kozunak) / Tea / Fruit (1,3,7)
24.03.2026	Sandwich with cream cheese, pork fillet, cheese & cucumber / Ayran (1,7)	Banana	Quinoa salad with red peppers, onion & parsley / Green salad with cherry tomatoes	Fish soup / Minestrone (4)	Beef with peas / Bulgur with chicken fillet / Panagyrishte-style eggs (1,3,6)	Yoghurt with chia & strawberries (7,11)	Butter croissant / Fresh milk / Fruit (1,3,7)
25.03.2026	Cornflakes with fresh milk (7)	Orange	Caesar salad / Tzatziki (7)	Rabbit soup / Mixed vegetable soup	Moussaka (Greece) / Grilled chicken drumstick with rice / Breaded cauliflower with dairy sauce (1,3,7)	Cocoa cream (3,7)	Baked cheesecake / Cocoa milk / Fruit (1,3,7)
26.03.2026	Ciabatta with Philadelphia, turkey fillet, cheese & tomato / Vegetarian: Ciabatta with Philadelphia, cheese & cucumber (1,7)	Vegetable sticks	Bean, tomato, pepper & red onion salad / Cabbage & carrot salad (6)	Cream of potato soup with croutons (1,7)	Breaded tilapia with steamed broccoli / Pasta with tuna sauce / Pasta with tomato sauce (1,3,4,7)	Fruit salad	Jam roll / Tea / Fruit (1,3,7)
27.03.2026	Combined breakfast (butter, pork fillet, cheese, jam, egg, olives, tomato) / Tea (1,3,7)	Kiwi	Green salad with egg / Shopska salad (3,7)	Boiled beef soup / Cream of pea soup with croutons (1,6,7)	Roast pork knuckle with carrots & potatoes / Chicken kavarma with egg / Rice with spinach, baked with cheese & tomato (1,3,7)	Semolina halva (1)	Savoury muffin / 100% fruit juice / 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 🐌