



ST. GEORGE INTERNTIONAL SCHOOL & PRESCHOOL

Menu February 2026

| Date | Breakfast | Snack | Salad | Soup | Main | Dessert | Afternoon Snack |
|---|---|-----------------------------------|---|--|--|--|--|
| 03.02.2026 | Cornflakes with fresh milk /7 🌾🌿/ | Orange | Snezhanka salad / Avocado "Caprese" with basil reduction /7 🍅/ | Meatball soup / Cream of cauliflower soup / Croutons /1 🍷/ | Vegetable casserole with rabbit meat / Grilled chicken fillet with steamed broccoli, cauliflower & carrots / Dobruja-style stew | Fruit | Cheese snail pastry / Tea / Fruit /1 🍷,3 🍌,7 🍷/ |
| 04.02.2026 | Chabatta with Philadelphia, chicken fillet, Cheddar & tomato / Tea : Chabatta with Philadelphia, Cheddar & tomato / Tea /1 🍷,7 🍷/ | Banana | Greek salad / Green salad with cucumber & olives /7 🍅/ | Chicken soup / Cream of pea & mint soup / Croutons /1 🍷/ | Pork casserole / Grilled BDS meatballs with rustic potatoes / Baked courgettes with rice / Yoghurt /7 🍷/ | Vanilla cream with fresh fruit /1 🍷,7 🍷,3 🍌/ | Baked cheesecake / Cocoa milk / Fruit /1 🍷,7 🍷,3 🍌/ |
| 05.02.2026 | Banitsa with feta cheese / Ayran /1 🍷,7 🍷/ | Vegetable sticks with lemon juice | Tabbouleh salad / Roasted pepper, tomato & feta cheese salad /7 🍅/ | Tomato soup /7 🍷/ | Crispy white fish with pasta garnish / Paella with white fish /4 🍷/ | Caramelised apple /7 🍷/ | Wholegrain sandwich with ham & cheese / Cucumber / Tea / Fruit /1 🍷,7 🍷/ |
| 06.02.2026 | Combined breakfast / butter, pork fillet, cheese, jam, egg, olives / cucumber / Tea /1 🍷,7 🍷,3 🍌/ | Kiwi | Shopska salad / Quinoa, avocado, corn, peas & red pepper salad /7 🍅,6 🍌/ | Turkey soup / Spinach soup /7 🍷/ | Pork shank with cabbage baked in the oven / Pizza with tomato sauce, chicken, pickles, mozzarella & cheese / Margherita pizza /1 🍷,7 🍷/ | Fruit salad | Muffin / Tea / Fruit /1 🍷,7 🍷,3 🍌/ |
| 09.02.2026 | Sweet bread (Kozunak) / Fresh milk /1 🍷,7 🍷,3 🍌/ | Apple | Vitamin salad / Layered salad with cheese cubes /7 🍅/ | Boiled pork / Root vegetable cream soup / Croutons /1 🍷,7 🍷/ | Breaded chicken strips with sesame & steamed cauliflower and buttered sweetcorn / Moussaka with minced meat / Yoghurt shakshuka /11 🍌,3 🍌,7 🍷/ | Semolina halva /7 🍷/ | Banana cake / Ayran / Fruit /1 🍷,3 🍌,7 🍷/ |
| 10.02.2026 | French toast / Ayran /7 🍷,1 🍷/ | Banana | Iceberg salad with cucumber / Tabbouleh /7 🍅/ | Lemon chicken soup / Pumpkin cream soup / Croutons /1 🍷,7 🍷/ | Grilled BDS kebabche with broccoli / Braised beef with white rice / Spinach & ricotta ravioli | Fruit | Biscuit roll / Banana smoothie / Fruit /1 🍷,3 🍌,7 🍷/ |
| 11.02.2026 | Chabatta with Philadelphia, turkey fillet, cheese & tomato / Chabatta with Philadelphia, cheese & cucumber / Tea /1 🍷,7 🍷/ | Orange | Pickle salad with cream cheese & egg / Mexican salad /7 🍅,3 🍌/ | Clear rabbit soup / Tarator /7 🍷/ | Grilled chicken fillets with rustic potatoes / Pork goulash / Breaded cheese with fresh salad /7 🍷,1 🍷/ | Fruit salad | Brownie / Cocoa milk / Fruit /1 🍷,3 🍌,7 🍷/ |
| 12.02.2026 | Choco balls with milk /1 🍷,7 🍷/ | Vegetable sticks with lemon juice | Carrot & apple salad / Caprese salad with egg & basil pesto /3 🍌,7 🍷/ | Garden-style bean soup /6 🍌/ | Baked white fish with rice & vegetables / Grilled mackerel with sautéed potatoes /4 🍷/ | Crème caramel /7 🍷,3 🍌/ | Cheese roll / Tea / Fruit /1 🍷,3 🍌,7 🍷/ |
| 13.02.2026 | Combined breakfast / butter, turkey fillet, cheese, jam, egg / cucumber / Tea /1 🍷,7 🍷,3 🍌/ | Kiwi | Caesar salad / Broccoli & sesame salad /1 🍷,7 🍷,11 🍌/ | Bavarian soup / Gazpacho with basil pesto & cheese /7 🍷/ | Turkey with vegetables / Bolognese lasagne / Spinach, cheese & mozzarella lasagne /1 🍷,7 🍷/ | Chia yoghurt with strawberries /7 🍷,6 🍌/ | Homemade biscuits / Ice tea / Fruit /1 🍷,3 🍌,7 🍷/ |
| 16.02.2026 | Couscous with butter & cheese / Tea /1 🍷,7 🍷/ | Apple | Cucumber salad with Tzatziki / Layered salad /7 🍅/ | Turkey soup / Vegetable soup with noodles /1 🍷,7 🍷/ | Veal meatballs with penne & Parmesan pesto in tomato sauce / Pulled pork with rustic potatoes / Mushroom risotto | Pumpkin mousse /7 🍷/ | Fresh baked butter roll / Banana smoothie / Fruit /1 🍷,3 🍌,7 🍷/ |
| 17.02.2026 | Cheese roll / Ayran /1 🍷,3 🍌,7 🍷/ | Banana | Iceberg salad with cherry tomatoes & Parmesan / Katuk /7 🍅/ | Pork borscht / Tarator /7 🍷/ | Chicken bites with sesame & steamed vegetables / Shepherd's pie / Buckwheat & egg patties with herbs / Milk sauce /11 🍌,7 🍷,3 🍌/ | Chia yoghurt with strawberries /11 🍌,7 🍷/ | Toast with egg, cheese & ham / Tea /1 🍷,3 🍌,7 🍷/ |
| 18.02.2026 | Cornflakes with milk /1 🍷,7 🍷/ | Orange | Green salad with cherry tomatoes & cucumber / Tricolour salad | Chicken noodle soup / Milk soup /7 🍷/ | Pork with fresh cabbage / Chili con carne with beef / Roasted peppers with egg & cheese /3 🍌,7 🍷/ | Coconut cream with fruit /8 🍌,7 🍷/ | Savoury muffin / 100% fruit juice / Fruit /1 🍷,3 🍌,7 🍷/ |
| 19.02.2026 | Warm egg & cheese sandwich / Tea / Fruit /1 🍷,3 🍌,7 🍷/ | Vegetable sticks with lemon juice | Shopska salad / Chickpea & roasted pepper salad /7 🍅,6 🍌/ | Garden vegetable soup | Breaded white fish with baby potatoes & rosemary / Fusilli with fish, tomato sauce, pesto & Parmesan /7 🍷,4 🍷/ | Cocoa cream /1 🍷,7 🍷/ | Jam roll / Fresh milk / Fruit /1 🍷,3 🍌,7 🍷/ |
| 20.02.2026 | Combined breakfast / butter, pork fillet, cheese, jam, egg, olives, tomato / Tea /1 🍷,3 🍌,7 🍷/ | Kiwi | Shepherd's salad / Mixed green salad with rocket, tomatoes & Parmesan /7 🍅/ | Rabbit soup / Potato cream soup / Croutons /1 🍷,7 🍷/ | Chicken gyros / Kritarak with tomato sauce & minced meat / Vegetable gyros /1 🍷/ | Baked apple with honey /1 🍷/ | Avocado toast with cheese & olive oil / 100% fruit juice / Fruit /1 🍷/ |
| 23.02.2026 | Stars pasta with butter & cheese / Tea /1 🍷,7 🍷/ | Apple | Köpoğlu / Green salad with cucumber & radish /7 🍅/ | Thick beef soup / Red lentil cream soup /7 🍷/ | Stuffed pork roulade with melted cheese & vegetables / Roast rabbit with glazed baby carrots / Panagyurishte-style eggs /7 🍷,3 🍌/ | Fruit | Sweet bread (Kozunak) / Tea / Fruit /1 🍷,3 🍌,7 🍷/ |
| 24.02.2026 | Toast with turkey fillet, cheese & cucumber / Tea : Toastwith cheese & cucumber / Tea /1 🍷,7 🍷/ | Banana | Snezhanka salad / Mixed salad /7 🍅/ | Chicken Kurban chorba / Roasted red pepper cream soup / Croutons /1 🍷,7 🍷/ | Roast chicken with potatoes / Stuffed peppers with minced meat / Meat-free stuffed peppers / Yoghurt /7 🍷/ | Crème caramel with pumpkin /1 🍷,3 🍌,7 🍷/ | Marble cake / Fresh milk / Fruit /1 🍷,3 🍌,7 🍷/ |
| 25.02.2026 | Choco balls with milk /7 🍷,1 🍷/ | Orange | Tomatoes with cheese / Vitamin salad /7 🍅/ | Meatball soup / Minestrone | Saffron risotto with sun-dried tomatoes / Pulled chicken fillets with steamed sweetcorn /7 🍷/ | Chia yoghurt with strawberries /7 🍷,11 🍌/ | Apple pie / 100% fruit juice / Fruit /1 🍷,3 🍌,7 🍷/ |
| 26.02.2026 | Banitsa / Ayran /1 🍷,3 🍌,7 🍷/ | Vegetable sticks with lemon juice | Shopska salad / Potato salad /7 🍅/ | Carrot cream soup / Croutons /1 🍷,7 🍷/ | Pan-fried salmon with steamed vegetables / Penne rigate with fish & tomato pesto /4 🍷/ | Fruit salad | Vegetable tortilla / Fruit smoothie / Fruit /1 🍷,7 🍷/ |
| 27.02.2026 | Toast with mince and yellow cheese/ Tea : Toast with cheese & egg / Tea /1 🍷,7 🍷/ | Kiwi | Iceberg with rocket & cucumber / Parmesan / Mexican salad /7 🍅/ | Boiled pork / Pumpkin cream soup / Croutons /1 🍷,7 🍷/ | Beef casserole with vegetables / Spaghetti Bolognese with minced meat / Spaghetti with rocket, cherry tomatoes & Parmesan /1 🍷/ | Cocoa cream /1 🍷,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). | | | Измомени: Nurses STG | | | | |
| Approved by the Head Chef of STG/SGP | | | | | | | |
| 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 🐌 | | | | |