



ST. GEORGE INTERNATIONAL SCHOOL & PRESCHOOL

Menu May 2026 3- 6 years old

Date	Breakfast	10:00 AM	Soup	Lunch	Dessert	Afternoon Snack
04.05.2026	Mac and cheese / Tea (1,3,7)	Apple	Creamy tomato soup	Beef stew with gravy sauce and baby potatoes / Cauliflower gratin / Layered salad with cheese (7)	Crème brûlée (1,3,7)	Oreo tart / Fresh milk / Fruits (1,7)
05.05.2026	Chocolate cereal balls with fresh milk (7)	Banana	Spring vegetable soup	Katsu Don (Japan) / Scrambled eggs with cheese and cream / Tzatziki salad (1,3,7)	Fruit salad	Pretzel / Tea / Fruits (1,3,7)
07.05.2026	Toast sandwich with ham and cheese / Toast sandwich with cheese / Tea (1,7)	Orange	Nettle soup	Baked salmon with steamed vegetables / Potato salad (4)	Semolina halva (1,7)	Butter croissant / Fresh milk with cocoa / Fruits (1,3,7)
08.05.2026	Banitsa / Ayran (1,3,7)	Kiwi	Borscht soup (Russia)	Moussaka with minced meat / Yogurt / Mish-mash / Caprese salad (3,7)	Banana mousse (1,7)	Biscuit cake with green figs / Iced tea / Fruits (1,7)
11.05.2026	Sandwich with cream cheese, pork fillet, yellow cheese and cucumber / Sandwich with cream cheese, yellow cheese and cucumber / Ayran (1,7)	Apple	Creamy vegetable soup	Grilled meatballs with country-style potatoes / Pasticcio with cheeses / Dairy salad with eggplant and roasted peppers (1,7)	Rice pudding (7)	Cheesecake / Fresh milk with cocoa / Fruits (1,7)
12.05.2026	Couscous with butter and cheese / Tea (1,7)	Banana	Bean soup	Pizza with turkey fillet, corn and mozzarella / Pizza Margherita / Greek salad (1,3,7)	Yogurt with forest berries (7)	Milk pastry / Tea / Fruits (1,3,7)
13.05.2026	Cornflakes with fresh milk (7)	Orange	Boiled beef / Cream of spinach soup	Eggs Panagyurishte style / Shepherd's salad (3,7)	Fruit salad	Pastry roll / Tea / Fruits (1,3,7)
14.05.2026	Sandwich with Philadelphia, mortadella with olives, yellow cheese and tomato / Sandwich with Philadelphia, yellow cheese and tomato / Tea (1,7)	Vegetable sticks	Tomato soup	Fusilli with salmon and sun-dried tomato / Shopska salad (1,4)	Raspberry cream (1,7)	Brownie / Fresh milk / Fruits (1,7)
15.05.2026	Easter bread / Fresh milk (1,3,7)	Kiwi	Tarator	Beef tas kebab with rice / Potato gratin / Snezhanka salad (7)	Fruits	Homemade cookies / Iced lemon tea / Fruits (1,3,7)
18.05.2026	Pasta stars with butter and cheese / Tea (1,7)	Apple	Cream of zucchini soup	Pulled pork with BBQ sauce and country potatoes / Slavic stew / Tomato, roasted pepper and cheese salad (7)	Semolina pudding with milk (1,7)	Chocolate roll / Tea / Fruits (1,3,7)
19.05.2026	Toast sandwich with ham and cheese / Toast sandwich with cheese / Tea (1,7)	Banana	Creamy potato soup	Beef with peas / Spinach lasagna with mixed cheeses / Tomato and cheese salad (1,3,7)	Yogurt with chia and strawberries (7)	Butter croissant / Fresh milk with cocoa / Fruits (1,3,7)
20.05.2026	Chocolate cereal balls with fresh milk (7)	Orange	Duck soup / Tarator	Potato patties with dairy sauce / Shopska salad (1,3,7)	Baked macaroni (1,3,7)	Pancakes with blueberry jam / Fruit smoothie / Fruits (1,3,7)
21.05.2026	Cheese banitsa / Ayran (1,3,7)	Cherries	Nettle (or sorrel) soup with rice and egg finishing (3,7)	Crispy baked fish with potato salad / Layered salad with cheese (1,3,4,7)	Fruit	Blueberry muffin / Ayran / Fruits (1,3,7)
22.05.2026	Sandwich with butter, turkey fillet, yellow cheese and cucumber / Sandwich with butter, yellow cheese and cucumber / Boiled egg / Tea (1,3,7)	Vegetable sticks	Creamy vegetable soup	Stefani meat roll with mashed potatoes / Rice with tomatoes and olives / Cucumber salad with cheese (3,7)	Sweet salami dessert (1,7)	Carrot cake / Tea / Fruits (1,3,7)
26.05.2026	Pasta with butter and cheese / Tea (1,7)	Apple	Tarator (7)	Chili con carne / Potato casserole with cream and cheese / Health salad (carrots, apple, lemon) (1,7)	Fruit	Brownie / Fresh milk / Fruits (1,7)
27.05.2026	Easter bread / Fresh milk (1,3,7)	Banana	Turkey soup with noodles / Minestrone soup (1)	Breaded yellow cheese with fresh salad / Mexican salad (1,3,7)	Yogurt with chia and blueberries (7)	Toast sandwich with eggs, cheese and ham / Toast sandwich with eggs and cheese / Tea / Fruits (1,3,7)
28.05.2026	Princess toast with chicken fillet and cheese / Princess toast with cheese / Tea (1,7)	Orange	Cream of nettle soup	Alfredo pasta with white fish / Shepherd's salad (1,4,7)	Fruit salad	Orange tart / Fresh milk / Fruits (1,7)
29.05.2026	Cornflakes with fresh milk (7)	Strawberries	Potato soup with noodles (1)	Roast chicken with velouté sauce and steamed broccoli / Vegetarian moussaka with zucchini and carrots / Mixed salad (1,3,7)	Lemon cream (1,7)	Jam bun / Tea / Fruits (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

Изязмон: Nurses STG

Allergen Legend

- Gluten-containing cereals 🌾
- Crustaceans and derivatives 🦀
- Eggs and egg products 🥚
- Fish and fish products 🐟
- Peanuts and derivatives 🥜
- Soy and soy products 🌱
- Milk and dairy products 🥛
- Nuts (almonds, walnuts, macadamia, hazelnuts, cashew, Brazil nuts, Queensland nuts) 🌰
- Celery and celery products 🌿
- Mustard and mustard products 🌿
- Sesame seeds and products 🌱
- Sulphur dioxide and sulphites 🌿
- Lupin and lupin products 🌱
- Molluscs and mollusc products 🐌