



ST. GEORGE INTERNATIONAL SCHOOL & PRESCHOOL

Menu May 2026

Date	Morning Breakfast	10:00 AM	Salads	Soup	Main Lunch	Dessert	Afternoon Snack
04.05.2026	Mac and Cheese / Tea (1,7)	Apple	Caesar Salad / Layered Salad with Cheese (7)	Meatball Soup / Tomato Cream Soup (3,7)	Beef Stew with Gravy Sauce and Baby Potatoes / Turkey with Vegetables / Cauliflower Gratin (1,6,7,9)	Crème Brûlée (3,7)	Oreo Tart / Fresh Milk / Fruit (7)
05.05.2026	Chocolate Cereal Balls with Fresh Milk (7)	Banana	Green Salad with Cucumbers and Radishes / Tzatziki Salad (7)	Rabbit Soup / Spring Vegetable Soup	Katsu Don (Japan) / Pork with Chickpeas and Tomato / Scrambled Eggs with Cheese and Cream (1,3,7)	Fruit Salad	Pretzel / Tea / Fruit (1,3,7)
07.05.2026	Hot Sandwich with Ham and Yellow Cheese / Veg: Hot Sandwich with Yellow Cheese (1,7)	Orange	Shopska Salad / Potato Salad (7)	Nettle Soup	Baked Salmon with Steamed Vegetables / Pasta with White Fish and Tomato Sauce / Pasta with Tomato Sauce and Basil Pesto (1,4)	Semolina Halva (1,7)	Croissant with Butter / Fresh Milk with Cocoa / Fruit (1,7)
08.05.2026	Cheese Banitsa / Ayran (1,7)	Kiwi	Quinoa Salad with Red Peppers, Spring Onion and Parsley / Caprese Salad (7)	Turkey Soup / Borscht Soup (Russia) (1)	Moussaka with Minced Meat / Yogurt / Pork Shank with Roasted Sauce and Rice / Mish-Mash (1,3,7)	Banana Mousse (7)	Biscuit Cake with Green Figs / Iced Tea / Fruit (1)
11.05.2026	Sandwich with Cream Cheese, Pork Fillet, Yellow Cheese and Cucumber / Ayran / Veg: Sandwich with Cream Cheese, Yellow Cheese and Cucumber / Ayran (1,7)	Apple	Green Salad with Arugula and Cherry Tomatoes / Eggplant and Roasted Pepper Milk Salad (7)	Duck Soup / Vegetable Cream Soup	Grilled Meatballs with Country Potatoes / Beef with Dock Leaves and Rice / Pastitsio with Cheese (1,7)	Rice Pudding (1,7)	Cheesecake / Fresh Milk with Cocoa / Fruit (1,7)
12.05.2026	Couscous with Butter and Cheese / Tea (1,7)	Banana	Greek Salad / Tuna Salad (4,7)	Chicken Soup / Bean Soup	Pork Kavarma / Pizza with Turkey Fillet, Corn and Mozzarella / Margherita Pizza (1,7)	Yogurt with Forest Fruits (7)	Milk Banitsa / Tea / Fruit (1,7)
13.05.2026	Cornflakes with Fresh Milk (7)	Orange	Shepherd's Salad / Tabbouleh (7)	Boiled Beef / Spinach Cream Soup	Chicken Fillets with Cornflakes and Steamed Broccoli / Rabbit with Potatoes / Panagyurishte Eggs (1,3)	Fruit Salad	Pastry Roll / Tea / Fruit (1,3,7)
14.05.2026	Ciabatta with Philadelphia Cheese, Turkey Fillet, Yellow Cheese, Tomato / Tea / Veg: Ciabatta with Philadelphia Cheese, Yellow Cheese, Cucumber / Tea (1,7)	Vegetable Sticks	Shopska Salad / Potato Salad (7)	Tomato Soup	Breaded Tilapia with Baby Carrots, Dill and Garlic / Fusilli with Salmon and Sun-Dried Tomato / Fusilli Neapolitana (1,4)	Raspberry Cream (7)	Brownie / Fresh Milk / Fruit (1,7)
15.05.2026	Easter Bread / Fresh Milk (1,3,7)	Kiwi	Snow White Salad / Green Salad with Egg (3,7)	Boiled Pork / Tarator (7)	Beef Tas Kebab with Rice / Hunter's Chicken / Potato Gratin (1)	Fruit	Cookies / Iced Lemon Tea / Fruit (1,3,7)
18.05.2026	Pasta Stars with Butter and Cheese / Tea (1,7)	Apple	Tomato, Roasted Pepper and Cheese Salad / Vitamin Salad (7)	Rabbit Soup / Zucchini Cream Soup	Pulled Pork with BBQ Sauce and Country Potatoes / Chicken Julienne / Slavic Stew (7)	Semolina Milk Dessert (1,7)	Chocolate Roll / Tea / Fruit (1,3,7)
19.05.2026	Hot Sandwich with Ham and Yellow Cheese / Veg: Hot Sandwich with Yellow Cheese (1,7)	Banana	Bulgur Salad with Tomatoes, Peppers and Parsley / Tomato and Cheese Salad (1,7)	Chicken Soup / Potato Cream Soup	Lasagna Bolognese / Beef with Peas / Spinach Lasagna with Mixed Cheese (1,7)	Yogurt with Chia and Strawberries (7)	Croissant with Butter / Fresh Milk with Cocoa / Fruit (1,3,7)
21.05.2026	Cheese Banitsa / Ayran (1,7)	Cherries	Caesar Salad / Layered Salad with Cheese (7)	Nettle (or Dock) Soup with Rice and Thickening (1)	Crispy Baked Fish with Potato Salad / Pasta with Salmon, Sun-Dried Tomato and Arugula / Pasta Neapolitana (1,4,7)	Fruit	Blueberry Muffin / Ayran / Fruit (1,3,7)
26.05.2026	Macaroni with Butter and Cheese / Tea (1,7)	Apple	Greek Salad / Health Salad (Carrots, Apple, Lemon) (7)	Pork Soup / Tarator (7)	Grilled Chicken Leg with Steamed Vegetables / Chili Con Carne / Potato Bake with Cream and Cheese (7)	Fruit	Brownie / Fresh Milk / Fruit (1,3,7)
27.05.2026	Easter Bread / Fresh Milk (1,3,7)	Banana	Caprese Salad / Mexican Salad (7)	Turkey Noodle Soup / Minestrone (1)	Roasted Pork Neck with Potatoes and Carrots / Beef with Eggplant and Rice / Breaded Yellow Cheese with Fresh Salad (1,7)	Yogurt with Chia and Blueberries (7)	Hot Sandwich with Eggs, Cheese and Ham / Tea / Fruit (1,3,7)
28.05.2026	Toast with Chicken Fillet and Yellow Cheese / Veg: Toast with Yellow Cheese (1,7)	Orange	Shepherd's Salad / Tabbouleh (7)	Nettle Cream Soup	Fish Plakiya with Bulgur / Pasta Alfredo / Pasta with Tomato Sauce, Fresh Basil and Parmesan (1,4,7)	Fruit Salad	Orange Tart / Fresh Milk / Fruit (1,3,7)
29.05.2026	Cornflakes with Fresh Milk (7)	Strawberries	Green Salad with Cucumbers and Carrots / Mixed Salad (7)	Beef Soup / Potato Soup with Noodles (1)	Roast Chicken with Velouté Sauce and Steamed Broccoli / Moussaka with Yogurt / Veggie Moussaka with Zucchini and Carrots (7)	Lemon Cream (7)	Jam Bun / Tea / 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

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 🐌
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