



ST. GEORGE INTERNTIONAL SCHOOL & PRESCHOOL

Menu August 2026

Date	Breakfast	10:00 Snack	Soup	Main Course	Dessert	Afternoon Snack
03.08.2026	Sandwich with white cheese, yellow cheese and tomato (1, 7) / Tea	Apple	Lentil soup	Meatballs in white sauce (1) / Shopska salad / Breaded peppers stuffed with white cheese (1, 3, 7)	Crème Caramel (3, 7)	Sponge cake (1, 3) / Ayran (7) / Fruit
04.08.2026	Chocolate cereal balls with fresh milk (1, 7)	Apricot	Tarator (7)	Chicken with peas / Cucumber and white cheese salad (7) / Courgette gratin (1, 3, 7)	Yoghurt with chia and forest fruits (7)	Sandwich with cream cheese dip, avocado and tomato (1, 7) / Iced tea / Fruit
05.08.2026	Toast with yellow cheese and egg (1, 3, 7) / Tea	Watermelon	Turkey soup (9) / Roasted red pepper cream soup	Potato patties with creamy sauce (1, 7) / Caprese salad (7)	Fruit salad	Pancake with strawberry jam (1, 3, 7) / Fresh milk (7) / Fruit
06.08.2026	Traditional cheese pastry (Banitsa) with white cheese (1, 3, 7) / Tea	Nectarine	Vegetable soup	Breaded tilapia with herb-roasted potatoes (1, 3, 4, 7) / Pasta with tomato sauce, basil pesto and Parmesan (1, 7)	Ice cream (7)	Chocolate biscuit salami (1, 7) / Tea / Fruit
07.08.2026	Sandwich with butter, yellow cheese, tomato and cucumber (1, 7) / Tea	Melon	Bean soup	Lasagne Bolognese (1, 7) / Coleslaw (3) / Mish-Mash (3, 7)	Tiramisu (1, 7)	Muesli with blueberries and yoghurt (1, 7)
10.08.2026	Cornflakes with fresh milk (1, 7)	Apple	Tarator (7)	Moussaka with minced meat (3, 7) / Caprese salad with avocado and baby mozzarella (7) / Courgette and rice moussaka (3, 7)	Vanilla cream (1, 7)	Homemade cheese and egg Banitsa (1, 3, 7) / Ayran (7) / Fruit
11.08.2026	Breadsticks with yellow cheese (1, 3, 7) / Tea	Plum	Summer soup with vermicelli (1)	Chicken fillets coated in cornflakes with steamed vegetables (1, 3, 7) / Mixed salad / Scrambled eggs with white cheese and cream (3, 7)	Ricotta and Mascarpone dip with forest fruits (7)	Ciabatta with butter and fresh vegetables (1, 7) / Tea / Fruit
12.08.2026	Sandwich with cream cheese, yellow cheese and cucumber (1, 7) / Tea	Melon	Chicken soup / Root vegetable cream soup (9)	Potato bake with cheese and mozzarella (7)	Yoghurt (7)	Homemade savoury biscuits with white cheese and yellow cheese (1, 7) / Tea / Fruit
13.08.2026	Butter croissant (1, 7) / Fresh milk	Peach	Vegetable cream soup (1)	Baked fish with herb-roasted potatoes (4) / Cucumber, baby spinach and carrot salad / Pasta with tomato sauce, basil pesto and Parmesan (1, 7)	Ice cream (7)	Mini pancakes with caramel sauce (1, 3, 7) / Tea / Fruit
14.08.2026	Toast with white cheese and egg (1, 7) / Tea	Watermelon	Minestrone (1)	Roast chicken drumstick with sauce and rice / Shepherd's salad (3, 7) / Vegetable stew	Banana mousse (7)	German cake (1, 3, 7) / Ayran (7) / Fruit
17.08.2026	Pasta with butter and white cheese (1, 7) / Tea	Apple	Tarator (7)	Grilled meatballs with fresh salad / Tomato and cucumber salad / Oven-baked Mish-Mash (3, 7)	Yoghurt with chia and forest fruits (7)	Pizza sandwich with three types of cheese (1, 7) / Ayran (7) / Fruit
18.08.2026	Biscuits with yoghurt (1, 7)	Peach	Broccoli cream soup (1)	Pork schnitzel from boneless loin with peas and baby carrots (1, 3, 7) / Italian salad with Campari tomatoes and olives / Rice with tomatoes and courgettes	Ice cream (7)	Savoury muffin (1, 3, 7) / Tea / Fruit
19.08.2026	Scrambled eggs with cucumber garnish (3) / Tea	Grapes	Pork and vegetable soup (9) / Carrot cream soup (1)	Lentil stew / Shopska salad (7)	Fruit salad	Homemade biscuits (1, 3, 7) / Ayran (7) / Fruit
20.08.2026	Wholemeal cheese pastry with butter and white cheese (1, 3, 7) / Tea	Melon	Vegetable soup (1)	Crispy baked fish with steamed vegetables (1, 3, 4, 7) / Potato salad / Pasta Napoletana (1, 7)	Tiramisu (1, 7)	Carrot cake (1, 3, 7) / Tea / Fruit
21.08.2026	Warm cheese sandwich (1, 7) / Tea	Watermelon	Sweetcorn cream soup (1)	Pork stew with potatoes / Greek salad (7) / Pizza with processed cheese, basil pesto and mozzarella (1, 7)	Crème Caramel (1, 3)	Biscuit cake (1, 7) / Fresh milk (7) / Fruit
31.08.2026	Biscuits with yoghurt (1, 7)	Apple	Tarator (7)	Chicken with rice / Vegetable and cheese frittata (3, 7) / Mixed salad	Ice cream (7)	Breadsticks with yellow cheese (1, 3, 7) / Tea
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).			Изготвен от: 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 🐚			