



ST. GEORGE INTERNATIONAL SCHOOL & PRESCHOOL

Menu July 2026 3-6 years old

дата	Сутрешина закуска	10ч.	супа	обяд основно	десерт	следобедна закуска
01.07.2026	Sandwich with butter and blueberry jam / Tea	Strawberries	Chicken soup / Gazpacho	Imperial rice with mixed vegetables/ Cucumber and white cheese salad	Semolina pudding with milk	Savoury pancake with cream cheese and yellow cheese / Banana smoothie / Fruit
02.07.2026	Butter croissant / Fresh milk	Orange/ Watermelon	Vegetable cream soup / croutons	Greek-style white fish with rice / Tabbouleh salad / Tagliatelle with Cheddar and cream	Ricotta and Mascarpone dip with forest fruits	Biscuit cake / Tea / Fruit
03.07.2026	Toast with white cheese and egg / Tea	Cherries	Lentil soup	Pizza with pork fillet, sweetcorn and mozzarella / Pizza with processed cheese, basil pesto and mozzarella	Ice cream	Carrot muffin / Iced lemon tea / Fruit
06.07.2026	Sandwich with white cheese, turkey fillet, yellow cheese and tomato / Tea / Vegetarian option: Sandwich with white cheese, yellow cheese and tomato / Tea	Apple	Tomato cream soup/ croutons	Meatballs in white sauce / Shopksa salad / Breaded peppers stuffed with white cheese	Crème Caramel	Sponge cake / Ayran / Fruit
07.07.2026	Chocolate cereal balls with fresh milk	Banana	Tarator	Chicken with peas / Italian salad with cherry tomatoes and rocket/ Courgette gratin	Yoghurt with chia and forest fruits	Guacamole and turkey fillet sandwich / Iced tea / Fruit
08.07.2026	Toast with yellow cheese and egg / Tea	Orange	Rabbit soup / Roasted red pepper cream soup / croutons	Potato patties with creamy sauce / Caprese salad	Fruit salad	Pancake with blueberry jam / Fresh milk / Fruit
09.07.2026	Traditional cheese pastry (Banitsa) / Ayran	Nectarine	Vegetable soup	Spaghetti with fish meatballs / Tomato, roasted pepper and white cheese salad	Ice cream	Chocolate biscuit salami / Tea / Fruit
10.07.2026	Sandwich with butter, rye bread, pork fillet, yellow cheese and tomato / Tea / Vegetarian option: Sandwich with butter, yellow cheese, tomato and cucumber / Tea	Strawberries	Bean soup	Lasagne Bolognese /Coleslaw / Spinach and Cheddar lasagne	Tiramisu	Brownie / Fresh milk / Fruit
13.07.2026	Pasta with butter and white cheese / Tea	Apple	Tomato soup with vermicelli	Chicken with rice /Cucumber, cherry tomato and egg salad/ Potato gratin	Fruit	Sandwich with white cheese, avocado and egg / Iced lemon tea / Fruit
14.07.2026	Sandwich with cream cheese, chicken fillet, yellow cheese and cucumber / Tea / Vegetarian option: Sandwich with cream cheese, yellow cheese and cucumber / Tea	Banana	Potato cream soup with croutons	Homemade meatballs in tomato sauce / Ratatouille	Fruit and biscuit mousse	Swiss roll with jam / Fresh milk / Fruit
15.07.2026	Muesli with yoghurt and fruit	Orange	Duck soup / Creamy arzo soup	Panagurishte-style eggs/ Quinoa, rocket and cherry tomato salad	Fruit salad	Bruschetta with cream cheese, chicken fillet, tomato and olives / Tea / Fruit
16.07.2026	Wholemeal cheese pastry with butter and white cheese / Ayran	Peach	Courgette soup	Baked salmon with steamed vegetables / Baby potato salad with dill and garlic / Pasta Napoletana	Yoghurt with chia and strawberries	Biscuits / Iced lemon tea / Fruit
17.07.2026	Warm sandwich with turkey fillet and yellow cheese / Tea / Vegetarian option: warm cheese sandwich / Tea	Strawberries	Pork stew soup / Pea cream soup	Chicken Julienne with curried rice / Cabbage and carrot salad / Stuffed peppers with egg and white cheese	Ice cream	Milk Banitsa / Tea / Fruit
20.07.2026	Sandwich with butter and blueberry jam / Tea	Apple	Tarator	Moussaka with minced meat / Caprese salad with avocado and baby mozzarella / Courgette and rice moussaka	Crème Caramel	Homemade cheese and egg Banitsa / Ayran / Fruit
21.07.2026	Cornflakes with fresh milk	Banana	Summer soup with vermicelli	Chicken fillets coated in cornflakes with steamed vegetables / Mixed salad/ Scrambled eggs with white cheese and spring onion	Ricotta and Mascarpone dip with forest fruits	Sandwich with cream cheese dip, chicken fillet and tomato / Tea / Fruit
22.07.2026	Sandwich with cream cheese, turkey fillet, yellow cheese and cucumber / Tea / Vegetarian option: sandwich with cream cheese, yellow cheese and cucumber / Tea	Orange	Mushroom cream soup with croutons	Potato bake with processed cheese and mozzarella/ Creamy courgette salad	Fruit salad	Pancake with Mascarpone and blueberry jam / Fresh milk / Fruit
23.07.2026	Toast with white cheese and egg / Tea	Peach	Vegetable cream soup with croutons	Pasta with salmon and cherry tomatoes / Cucumber, baby spinach and carrot salad / Pasta with tomato sauce, basil pesto and Parmesan	Ice cream	Brownie / Fresh milk / Fruit
24.07.2026	Butter croissant / Fresh milk	Watermelon	Minestrone	Roast chicken drumstick with sauce and rice / Shepherd's salad/ Vegetarian vegetable stew	Banana mousse	Sponge cake / Ayran / Fruit
27.07.2026	Pasta with butter and white cheese / Tea	Apple	Cauliflower cream soup/ croutons	Grilled meatballs with fresh salad / Tomato and cucumber salad/ Oven-baked Mish-Mash	Yoghurt with chia and forest fruits	Pizza sandwich with chicken fillet and mozzarella / Ayran / Fruit
28.07.2026	Sandwich with cream cheese and blueberry jam / Tea	Banana	Vegetarian Borscht	Pork schnitzel with steamed broccoli / Italian salad with Campari tomatoes and olives/ Rice with tomatoes and courgettes	Ice cream	Savoury muffin / Tea / Fruit
29.07.2026	Chocolate cereal balls with fresh milk	Orange	Pork and vegetable soup / Carrot cream soup	Breaded cauliflower with creamy sauce/ Shopksa salad	Fruit salad	Cheese pastry roll with butter / Ayran / Fruit
30.07.2026	Wholemeal cheese pastry with butter and white cheese / Ayran	Melon	Vegetable soup with dill	Crispy baked fish with steamed vegetables / Mixed salad with avocado/ Pasta Napoletana	Tiramisu	Carrot cake / Tea / Fruit
31.07.2026	Warm sandwich with turkey fillet and yellow cheese / Tea / Vegetarian option: warm cheese sandwich / Tea	Watermelon	Turkey soup / Sweetcorn cream soup	Pizza with chicken fillet, sweetcorn and mozzarella / Greek salad/ Pizza with processed cheese, basil pesto and mozzarella	Crème Caramel	Swiss roll with jam / Fresh milk / Fruit

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

Prepared by: 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