



MENU

3-6 YEARS OLD

28/09-02/10/2026

MONDAY

Breakfast

Puff pastry banitsa with yellow cheese and white cheese (1,2,7) / Tea

Snack

Apple

Lunch

Salad: Greek salad (7)

Soup: Cream of courgette soup (1,7)

Main dish: Spaghetti

Bolognese (1,7)

🌱 Lentil stew (1,9)

Dessert: Grapes

Afternoon snack

Sponge cake with homemade fruit preserve (1,3,7) / Fruit / Tea

TUESDAY

Breakfast

Cornflakes / Fresh milk (7)

Snack

Banana

Lunch

Salad: Harvest salad (7)

Soup: Spinach soup with white cheese (1,7)

Main dish: Pork with rice (7)

🌱 Fusilli with colourful vegetables (1,7)

Dessert: Apple

Afternoon snack

Butter croissant (1,3,7) / Fruit / Tea

WEDNESDAY

Breakfast

Toasted sandwich with ham and yellow cheese (1,7) / Tea

Snack

Grapes

Lunch

Salad: Ovcharska salad (7)

Soup: Clear beef soup

Main dish: 🌱 Rice with vegetables (7)

Dessert: Banana

Afternoon snack

Homemade biscuits (1,3,7) / Fruit / Tea

THURSDAY

Breakfast

Scrambled eggs with cucumbers (3) / Tea

Snack

Apple

Lunch

Salad: Campania salad (7)

Soup: Cream of vegetable soup (1,7)

Main dish: Baked fish with herbed potatoes (4)

🌱 Dauphinoise potatoes (7)

Dessert: Grapes

Afternoon snack

Chocolate muffin (1,3,7) / Fruit / Tea

FRIDAY

Breakfast

Toasted sandwich with egg and white cheese (1,3,7) /

Tea

Snack

Banana

Lunch

Salad: Cucumber and olive salad

Soup: Cream of mushroom soup

Main dish: Chicken with potatoes

🌱 Meat-free pea stew (1)

Dessert: Apple

Afternoon snack

White cheese banitsa (1,3,7) / Fruit / 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).

Written by Head Chef STG/SGP

Allergen Legend

Approved by Nurses STG

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 🐚



MENU

3-6 YEARS OLD

05/10-09/10/2026

MONDAY

Breakfast

Pasta with white cheese (1,7)
/ Fresh milk (7)

Snack

Apple

Lunch

Salad: Springfield salad (1,7)

Soup: Tuscan bean soup (9)

Main dish: Moussaka with
minced meat (1,3,7)

Imperial rice with
vegetables and Parmesan (7)

Dessert: Banana

Afternoon snack

Pretzel (1; 3; 7) / Fruit / Tea

TUESDAY

Breakfast

Cornflakes / Fresh milk (7)

Snack

Banana

Lunch

Salad: Tomatoes and
cucumbers

Soup: Tarator (7)

Main dish: Spaghetti
Rusticana with chicken and
broccoli (1,7)

Green bean stew (1)

Dessert: Grapes

Afternoon snack

Chocolate croissant (1,3,7) /
Fruit / Tea

WEDNESDAY

Breakfast

Crunchy muesli (1,7) / Fresh
milk (7)

Snack

Grapes

Lunch

Salad: Harvest salad (7)

Soup: Lentil soup

Main dish: Thracian-style
white cheese (3,7)

Dessert: Apple

Afternoon snack

Homemade cake (1,3,7) /
Fruit / Tea

THURSDAY

Breakfast

Sandwich with processed
cheese and ham (1,7) / Tea

Snack

Apple

Lunch

Salad: Vitamin salad

Soup: Cream of potato soup
with turmeric (7)

Main dish: Tuscan-style fish (4)

Mish-mash with fresh
peppers (3,7)

Dessert: Banana

Afternoon snack

Ciabatta with pesto rosso
and Milano Romano (1,7) /
Fruit / Tea

FRIDAY

Breakfast

Biscuits (1) / Yoghurt (7)

Snack

Banana

Lunch

Salad: Verona salad

Soup: Cream of cauliflower
and broccoli soup (7)

Main dish: Baked meatballs
with homemade lyutenitsa

Quinoa with vegetables

Dessert: Grapes

Afternoon snack

Savoury pastries (1,7) / Fruit /
Tea

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