



MONDAY

Breakfast

Puff pastry banitsa with yellow cheese and white cheese (1,2,7) / Tea
10 a.m
Apple

Lunch

Salad: Greek salad (7) / Green salad with fresh white cheese, pears and honey (7,10)
Soup: Cream of courgette soup (1,7) / Pork soup (1,3,7)
Main dish: Chicken stew with cream cheese (1,7) / Spaghetti Bolognese (1,7)
🌱 Lentil stew (1,9)
Dessert: Strained yoghurt with blueberries (7) / Grapes

Afternoon snack:

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

TUESDAY

Breakfast

Cornflakes / Fresh milk (7)
10 a.m
Banana

Lunch

Salad: Caprese salad (7) / Harvest salad (7)
Soup: Spinach soup with white cheese (1,7) / Duck soup
Main dish: Pork with rice (7) / Minced beef schnitzel with steamed peas (1,3,7)
🌱 Fusilli with colourful vegetables (1,7)
Dessert: Waffle with homemade fruit preserve (1,3,7) / Apple
Afternoon snack:
Butter croissant (1,3,7) / Fruit / Tea

WEDNESDAY

Breakfast

Toasted sandwich with ham and yellow cheese (1,7) / Tea
10 a.m
Grapes

Lunch

Salad: Ovcharska salad (7) / Energy salad (8)
Soup: Forest soup (7) / Clear beef soup
Main dish: Chicken burrito (1,7)
🌱 Oven-baked omelette with yellow cheese (3,7) / Rice with vegetables (7)
Dessert: Ice cream (7) / Banana

Afternoon snack:

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

THURSDAY

Breakfast

Scrambled eggs with cucumbers (3) / Tea
10 a.m
Apple

Lunch

Salad: Campania salad (7) / Rainbow salad
Soup: Mexican turkey soup (7) / Cream of vegetable soup (1,7)
Main dish: Baked fish with herbed potatoes (4) / Alfredo pasta with broccoli and fish fillet (1,4,7)
🌱 Dauphinoise potatoes (7)
Dessert: Vanilla custard / Grapes

Afternoon snack:

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

FRIDAY

Breakfast

Toasted sandwich with egg and white cheese (1,3,7) / Tea
10 a.m
Banana

Lunch

Salad: Sicilian salad (1,7) / Cucumber and olive salad
Soup: Greek fish soup (4,9) / Cream of mushroom soup
Main dish: Chicken with potatoes / Meat stew in wine sauce with baked rice (1,7)
🌱 Meat-free pea stew (1)
Dessert: Chocolate milk pudding / 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 🐚



MONDAY

Breakfast

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

10 a.m

Apple

Lunch

Salad: Springfield salad (1,7) /
Bavarian cabbage salad with
bacon (7)

Soup: Turkey soup (9) / Tuscan
bean soup (9)

Main dish: Moussaka with
minced meat (1,3,7) /
Scrambled eggs with ham
and yellow cheese (3,7)



Imperial rice with
vegetables and Parmesan (7)

Dessert: Fruit yoghurt (7) /
Banana

Afternoon snack:

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

TUESDAY

Breakfast

Cornflakes / Fresh milk (7)

10 a.m

Banana

Lunch

Salad: Tomatoes and
cucumbers / Green salad
with sun-dried tomatoes and
mozzarella (7)

Soup: Rabbit soup / Tarator (7)

Main dish: Spaghetti

Rusticana with chicken and
broccoli (1,7) / Three Little Pigs
frittata (3,7)



Green bean stew (1)

Dessert: Yoghurt (7) / Grapes

Afternoon snack:

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

WEDNESDAY

Breakfast

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

10 a.m

Grapes

Lunch

Salad: Harvest salad (7) /
Monterey salad (1,7)

Soup: Meatball soup (1,3,7) /
Lentil soup

Main dish: Pulled pork with
sauce and mashed potatoes
(7) / Thracian-style white
cheese (3,7) / Stuffed
cabbage rolls

Dessert: Rice pudding (7) /
Apple

Afternoon snack:

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

THURSDAY

Breakfast

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

10 a.m

Apple

Lunch

Salad: Italian salad (7) /
Vitamin salad

Soup: Lamb soup / Cream of
potato soup with turmeric (7)

Main dish: Tuscan-style fish (4)
/ Pasta bake with tuna and
peas (1,3,4)



Mish-mash with fresh
peppers (3,7)

Dessert: Biscuit cake cream
dessert (1,7) / Banana

Afternoon snack:

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

FRIDAY

Breakfast

Biscuits (1) / Yoghurt (7)

10 a.m

Banana

Lunch

Salad: Verona salad /

Rhodope salad with roasted
aubergine, white cheese and
tomatoes (7)

Soup: Beef soup with fresh
spinach (1,3,7) / Cream of
cauliflower and broccoli soup
(7)

Main dish: Baked meatballs
with homemade lyutenitsa /
Baked potatoes with ham
and cheeses (7)



Quinoa with vegetables

Dessert: Banana malebi
pudding (1,7) / Grapes

Afternoon snack:

Savoury pastries (1,7) / Fruit /
Tea

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