ST. GEORGE
INTERNATIONAL SCHOOL AND PRESCHOOL

MENU
2-3 YEARS OLD

09/11-13/11/2026

MONDAY

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

Snack
Apple

Lunch
Salad: Caprese salad (7)
Soup: Cream of vegetable soup (1,7)
Main dish: Pork shank with herb mashed potatoes (7)
🌱 Vegetable gyuvech
Dessert: Greek bougatsa cream / Orange

Afternoon snack
Savoury biscuits (1,7) / Fruit / Tea

TUESDAY

Breakfast
Cornflakes / Fresh milk (7)

Snack
Banana

Lunch
Salad: Harvest salad (7)
Soup: Tomato soup with rice
Main dish: Tas kebab with baked rice
🌱 Spaghetti with tomato sauce and Parmesan (7)
Dessert: Biscuit cake cream dessert (1,7) / Apple

Afternoon snack
French toast with yellow cheese (1,7) / Fruit / Tea

WEDNESDAY

Breakfast
Pizza pinwheels (1,7) / Tea

Snack
Orange

Lunch
Salad: Green salad with feta cheese and avocado dressing (7)
Soup: Meatball soup (1,3,7)
Main dish:
🌱 Lentil stew (9)
Dessert: Yoghurt with fruit (7) / Banana

Afternoon snack
Honey biscuits (1,3,7) / Fruit / Ayran

THURSDAY

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

Snack
Apple

Lunch
Salad: Tomatoes with cheese pearls (7)
Soup: Cream of broccoli soup (1,7)
Main dish: Crispy fish with steamed vegetables (1,4,7)
🌱 Cauliflower florets with chimichurri sauce
Dessert: Chocolate cream dessert / Mandarin

Afternoon snack
Northern Bulgarian-style banitsa (1,3,7) / Fruit / Tea

FRIDAY

Breakfast
Scrambled eggs with cucumbers (3) / Tea

Snack
Mandarin

Lunch
Salad: Tomatoes and cucumbers
Soup: Tuscan bean soup (9)
Main dish: Homemade grilled kebapcheta with lyutenitsa
🌱 Baked yellow cheese (1,3,7)
Dessert: Bourbon vanilla panna cotta with forest fruits / Apple

Afternoon snack
Waffle with homemade fruit preserve (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

1. Gluten-containing cereals 🌾 I 2. Crustaceans and derivatives 🦐 I 3. Eggs and egg products 🥚 I 4. Fish and fish products 🐟 I 5. Peanuts and derivatives 🥜 I 6. Soy and soy products 🫘 I 7. Milk and dairy products 🥛 I 8. Nuts (almonds, walnuts, macadamia, hazelnuts, cashew, Brazil nuts, Queensland nuts) 🌰 I 9. Celery and celery products 🥬 I 10. Mustard and mustard products 🌭 I 11. Sesame seeds and products ⚪ I 12. Sulphur dioxide and sulphites 🧪 I 13. Lupin and lupin products 🌼 I 14. Molluscs and mollusc products 🦑

Approved by Nurses STG

ST. GEORGE
INTERNATIONAL SCHOOL AND PRESCHOOL

MENU
2-3 YEARS OLD

16/11-20/11/2026

MONDAY

Breakfast
Childhood favourite (sandwich with lyutenitsa and white cheese) (1,7) / Tea

Scnack
Apple

Lunch
Salad: Verona salad (7)
Soup: Vichyssoise soup (1,7)
Main dish: Pork with rice
🌱 Polenta with three cheeses (7)
Dessert: Yoghurt (7) / Fruit / Orange

Afternoon snack
Margherita pizza (1,7) / Fruit / Tea

TUESDAY

Breakfast
Muesli / Fresh milk (7)

Scnack
Banana

Lunch
Salad: Vitamin salad
Soup: Colourful farfalle soup (1)
Main dish: Country-style turkey stew
🌱 Monastery-style beans (1)
Dessert: Oat cake with forest fruits / Apple

Afternoon snack
Ciabatta with cream cheese and cucumbers (1,7) / Fruit / Tea

WEDNESDAY

Breakfast
Homemade grissini (1,3,7) / Tea

Scnack
Orange

Lunch
Salad: Village salad
Soup: Beef and vegetable soup (1,3,7)
Main dish:
🌱 Cheese quesadilla (1,3,7)
Dessert: Crema catalana / Banana

Afternoon snack
Homemade cookies (1,3,7) / Fruit / Ayran

THURSDAY

Breakfast
Breakfast buffet (1,3,7) / Tea

Scnack
Apple

Lunch
Salad: Iceberg lettuce with cherry tomatoes and Parmesan (7)
Soup: Cream of chickpea and wild garlic soup (1,7)
Main dish: Nile perch with steamed broccoli (4,7)
🌱 Rice with courgettes
Dessert: Banana malebi pudding (1,7) / Mandarin

Afternoon snack
Butter croissant (1,7) / Fruit / Tea

FRIDAY

Breakfast
Biscuits (1,7) / Yoghurt (7)

Scnack
Mandarin

Lunch
Salad: Sweetcorn and tomato salad
Soup: Cream of red lentil soup (1,7)
Main dish: Spinach chicken with celeriac purée (7)
🌱 Spaghetti with tomato sauce and Parmesan (1)
Dessert: Noah's pudding with green figs / Apple

Afternoon snack
Mini stollen (1,3,7) / Fruit / Tea

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ST. GEORGE
INTERNATIONAL SCHOOL AND PRESCHOOL

MENU
2-3 YEARS OLD

23/11-27/11/2026

MONDAY

Breakfast
Cornflakes / Fresh milk with cocoa (7)

Scnack
Apple

Lunch
Salad: Shopska salad (7)
Soup: Cream of pea soup (1,7)
Main dish: Chicken with rice
🌱 Baked omelette with yellow cheese and white cheese (7)
Dessert: Strained yoghurt with honey (7) / Orange

Afternoon snack
White cheese banitsa (1,3,7) / Fruit / Tea

TUESDAY

Breakfast
Toasted sandwich with minced meat (1,3,7) / Tea

Scnack
Banana

Lunch
Salad: Cucumbers with olives
Soup: Cream of roasted sweet potato and tomato soup (1,7)
Main dish: White fish and asparagus gratin (4,7)
🌱 Meat-free stuffed peppers
Dessert: Lemon cream dessert (1,7) / Apple

Afternoon snack
Butter croissant (1,7) / Fruit / Tea

WEDNESDAY

Breakfast
Scrambled eggs with cucumbers (3) / Tea

Scnack
Orange

Lunch
Salad: Carrot and apple salad
Soup: Fasolada (9)
Main dish: Tagliatelle carbonara (1,7)
🌱 Rice with vegetables
Dessert: Vanilla cream dessert (1,7) / Banana

Afternoon snack
Savoury biscuits with yellow cheese (1,7) / Fruit / Tea

THURSDAY

Breakfast
Muesli with fresh milk (7)

Scnack
Banana

Lunch
Salad: Vitamin salad with pomegranate and rocket
Soup: Cream of sweet potato soup (1,7)
Main dish: Roast turkey with herb butter and mashed potatoes (7)
🌱 Roasted pumpkin with chickpeas and vegetables
Dessert: Apple pie (1,7) / Orange

Afternoon snack
Blueberry cheesecake (1,7) / Fruit / Tea

FRIDAY

Breakfast
Homemade yellow cheese sticks (1,3,7) / Tea

Scnack
Apple

Lunch
Salad: Royal salad (7)
Soup: Chicken and milk soup (7)
Main dish: Oven-baked pork steak with sautéed potatoes (7)
🌱 Green bean stew
Dessert: Yoghurt (7) / Mandarin

Afternoon snack
Margherita pizza (1,7) / Fruit / Tea

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