ST. GEORGE
INTERNATIONAL SCHOOL AND PRESCHOOL

MENU
3-6 YEARS OLD

09/11-13/11/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Toasted sandwich with egg and white cheese (1,3,7) / Tea	**Breakfast** Cornflakes / Fresh milk (7)	**Breakfast** Pizza pinwheels (1,7) / Tea	**Breakfast** Toasted sandwich with ham and yellow cheese (1,7) / Tea	**Breakfast** Scrambled eggs with cucumbers (3) / Tea
Snack Apple	**Snack** Banana	**Snack** Orange	**Snack** Apple	**Snack** Mandarin
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	**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	**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	**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	**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 Savoury biscuits (1,7) / Fruit / Tea	**Afternoon snack** French toast with ham and yellow cheese (1,7) / Fruit / Tea	**Afternoon snack** Honey biscuits (1,3,7) / Fruit / Ayran	**Afternoon snack** Northern Bulgarian-style banitsa (1,3,7) / Fruit / Tea	**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

Approved by Nurses STG

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 🦑

ST. GEORGE
INTERNATIONAL SCHOOL AND PRESCHOOL

MENU
3-6 YEARS OLD

16/11-20/11/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Childhood favourite (sandwich with lyutenitsa and white cheese) (1,7) / Tea	**Breakfast** Muesli / Fresh milk (7)	**Breakfast** Homemade grissini (1,3,7) / Tea	**Breakfast** Breakfast buffet (1,3,7) / Tea	**Breakfast** Biscuits (1,7) / Yoghurt (7)
Scnack Apple	**Scnack** Banana	**Scnack** Orange	**Scnack** Apple	**Scnack** Mandarin
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	**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	**Lunch** **Salad**: Village salad **Soup**: Beef and vegetable soup (1,3,7) **Main dish**: 🌱 Cheese quesadilla (1,3,7) **Dessert**: Crema catalana / Banana	**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	**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 Margherita pizza (1,7) / Fruit / Tea	**Afternoon snack** Ciabatta with cream cheese, ham and cucumbers (1,7) / Fruit / Tea	**Afternoon snack** Homemade cookies (1,3,7) / Fruit / Ayran	**Afternoon snack** Butter croissant (1,7) / Fruit / Tea	**Afternoon snack** Mini stollen (1,3,7) / Fruit / Tea

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ST. GEORGE
INTERNATIONAL SCHOOL AND PRESCHOOL

MENU
3-6 YEARS OLD

23/11-27/11/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Cornflakes / Fresh milk with cocoa (7)	**Breakfast** Toasted sandwich with minced meat (1,3,7) / Tea	**Breakfast** Scrambled eggs with cucumbers (3) / Tea	**Breakfast** Muesli with fresh milk (7)	**Breakfast** Homemade ham and yellow cheese sticks (1,3,7) / Tea
Scnack Apple	**Scnack** Banana	**Scnack** Orange	**Scnack** Banana	**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	**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	**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	**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	**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 White cheese banitsa (1,3,7) / Fruit / Tea	**Afternoon snack** Chocolate croissant (1,7) / Fruit / Tea	**Afternoon snack** Savoury biscuits with turkey fillet and yellow cheese (1,7) / Fruit / Tea	**Afternoon snack** Blueberry cheesecake (1,7) / Fruit / Tea	**Afternoon snack** Margherita pizza (1,7) / Fruit / Tea

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