ST. GEORGE
INTERNATIONAL SCHOOL AND PRESCHOOL

MENU
SCHOOL

09/11-13/11/2026

MONDAY

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

Scnack
Apple

Lunch
Salad: Garden salad / Caprese salad (7)
Soup: Duck soup (9) / Cream of vegetable soup (1,7)
Main dish: Turkey with roasting gravy, peas and carrots (7) / 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)

Scnack
Banana smoothie

Lunch
Salad: Harvest salad (7) / Mixed leaves with Gorgonzola, pears and honey dressing (1,7)
Soup: Chicken soup (1,7) / Tomato soup with rice
Main dish: Salsiccia Parrillera with crushed potatoes / 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 ham and yellow cheese (1,7) / Fruit / Tea

WEDNESDAY

Breakfast
Pizza pinwheels (1,7) / Tea

Scnack
Orange

Lunch
Salad: Oriental salad with carrots, mint, quinoa and raisins / Green salad with feta cheese and avocado dressing (7)
Soup: Meatball soup (1,3,7) / Cream of mushroom soup (1,7)
Main dish: Chicken with potatoes / Roast pork with parsnip purée (7)
🌱 Lentil stew (9)
Dessert: Yoghurt with fruit (7) / Banana

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

THURSDAY

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

Scnack
Apple

Lunch
Salad: Iceberg lettuce with cucumbers and olives / Tomatoes with cheese pearls (7)
Soup: Fish soup (4,9) / Cream of broccoli soup (1,7)
Main dish: Crispy fish with steamed vegetables (1,4,7) / Slow-roast beef with root vegetables (9)
🌱 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

Scnack
Mandarin

Lunch
Salad: Melitzano salad (7) / Tomatoes and cucumbers
Soup: Pork soup (1,3,7) / Tuscan bean soup (9)
Main dish: Chicken tikka masala with steamed basmati rice (7) / 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

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 🦑

ST. GEORGE
INTERNATIONAL SCHOOL AND PRESCHOOL

MENU
SCHOOL

16/11-20/11/2026

MONDAY

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

Scnack
Apple

Lunch
Salad: Cabbage and carrots / Verona salad (7)
Soup: Lamb soup / Vichyssoise soup (1,7)
Main dish: Marinated chicken with steamed sweetcorn (7) / 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 smoothie

Lunch
Salad: Vitamin salad / Tirokafteri salad (7)
Soup: Rabbit soup (1,3,7) / Colourful farfalle soup (1)
Main dish: Bohemian-style steak with steamed peas (7) / Country-style turkey stew
🌱 Monastery-style beans (1)
Dessert: Oat cake with forest fruits / Apple

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

WEDNESDAY

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

Scnack
Orange

Lunch
Salad: Panzanella salad (1,7) / Village salad
Soup: Beef and vegetable soup (1,3,7) / Spinach soup with white cheese (1,3,7)
Main dish: Chicken biryani / Tsarigrad-style meatballs (7)
🌱 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: Quinoa tabbouleh / Iceberg lettuce with cherry tomatoes and Parmesan (7)
Soup: Greek fish soup (9) / Cream of chickpea and wild garlic soup (1,7)
Main dish: Nile perch with steamed broccoli (4,7) / Pork pieces baked in white sauce with country-style potatoes (1,7)
🌱 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 / Forest fruit smoothie

Lunch
Salad: Greek salad (7) / Sweetcorn and tomato salad
Soup: Turkey soup (9) / Cream of red lentil soup (1,7)
Main dish: Beef and pepper fajitas (1,7) / 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
SCHOOL

23/11-27/11/2026

MONDAY

Breakfast
Cornflakes / Fresh milk with cocoa (7)

Scnack
Apple / Forest fruit smoothie

Lunch
Salad: Shopska salad (7) / Potato salad
Soup: Duck soup (9) / Cream of pea soup (1,7)
Main dish: Chicken with rice / Hunter-style pork
🌱 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: Polish salad with ham and potato dressing (3,7) / Cucumbers with olives
Soup: Fish minestrone with salmon (9) / Cream of roasted sweet potato and tomato soup (1,7)
Main dish: Grilled beef pljeskavica with ajvar / White fish and asparagus gratin (4,7)
🌱 Meat-free stuffed peppers
Dessert: Lemon cream dessert (1,7) / Apple

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

WEDNESDAY

Breakfast
Scrambled eggs with cucumbers (3) / Tea

Scnack
Orange

Lunch
Salad: Springfield salad (1,7) / Carrot and apple salad
Soup: Meatball soup (1,3,7) / Fasolada (9)
Main dish: Mozzarella chicken with steamed sweetcorn (7) / Tagliatelle carbonara (1,7)
🌱 Rice with vegetables
Dessert: Vanilla cream dessert (1,7) / Banana

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

THURSDAY

Breakfast
Muesli with fresh milk (7)

Scnack
Banana / Banana smoothie

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

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

FRIDAY

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

Scnack
Apple

Lunch
Salad: Royal salad (7) / Rainbow salad
Soup: Chicken and milk soup (7) / Lentil soup (9)
Main dish: Moroccan-style beef meatballs (7) / 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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