



THE ANGLO AMERICAN SCHOOL OF SOFIA
SCHOOL MEAL MENU - MIDDLE SCHOOL AND OLDER PREPARED BY LIBERTY FOOD SERVICES



Week 1	MONDAY 03 June	TUESDAY 04 June	WEDNESDAY 05 June	THURSDAY 06 June	FRIDAY 07 June
SOUP	Spinach soup	Tomato cream soup	Meatballs soup	Chicken soup	Vegetarian Borsch
SALAD	Traditional green salad	Colorfull salad	Fresh salad with avocado	Tomatoes and cucumbers salad	Shopska salad
VEGETARIAN DISH	Stuffed pepper with three types of cheese	Spinach fritters with yogurt sauce	Roasted vegetables with eggs (Tunisian style)	Stuffed peppers with rice	Eggplant with tomato sauce
MAIN DISH WITH CHICKEN	Roasted chicken leg with rice	Chicken Tandoori with basmati rice	Grilled marinated chicken steak with Fresh potatoes	Marinated chicken small legs with Wedges potatoes	Crispy chicken fillet with garlic and mashed potatoes
MAIN DISH WITH PORK/BEEF	Fresh Pasta Bolognese(beef)	Beef Stew with bacon, dark beer and basmati rice	Perch fillet with fresh potatoes	Minced meat Schnitzel with Wedges potatoes(pork)	Pork Mixed grill with mashed potatoes
DESSERT/FRUIT	Seasonal fruits	Biscuit Cake	Seasonal fruits	Lemon Yogurt cake	Seasonal fruits
Week 2	MONDAY 10 June	TUESDAY 11 June	WEDNESDAY 12 June	THURSDAY 13 June	FRIDAY 14 June
SOUP	Potato cream soup	Pork soup	Roasted peppers cream soup with mascarpone	Red lentil cream soup (curry)	Boiled Beef soup
SALAD	Crudites salad (peppers, cucumbers, carrots)	Caesar salad with chicken fillet	Cucumbers with cheese	Beetroot salad with goat cheese	Fresh mixed salads and brie cheese
VEGETARIAN DISH	Pasta with tomato sauce	Potato fritters with yogurt sauce	Lentil stew	Italian vegetarian risotto	Potato Gratin
MAIN DISH WITH CHICKEN	Chicken with rice	Chicken Yakitori with black rice	Breaded chicken small legs with Panko and homemade potatoes	Chicken wings with string bean	Chicken Pakora with steamed vegetables
MAIN DISH WITH PORK/BEEF	Grilled Sausage with steamed potatoes(pork)	Stuffed peppers with rice and minced meat (pork)	Trout Fillet with homemade potatoes	Pork steak with with string bean/bean with chutney	Pork Tacos
DESSERT/FRUIT	Seasonal fruits	Milk with rice	Seasonal fruits	Crème Caramel	Seasonal fruits
Week 3	MONDAY 17 June	TUESDAY 18 June	WEDNESDAY 19 June	THURSDAY 20 June	FRIDAY 21 June
SOUP	Lentil soup	Mushrooms soup	Cold tomato soup with vegetables	Onion cream soup with celery	Chicken cream soup
SALAD	Tuna salad	Greek salad	Roasted zucchini with yogurt sauce	Shepherd's salad	Fatoush salad
VEGETARIAN DISH	Mushrooms with rice	Zucchini fritters with Thai sauce	Bean stew	Vegetarian Enchilada	Rice Arancini with tomato salsa
MAIN DISH WITH CHICKEN	Grilled chicken fillet with noodles with vegetables	Chicken steak with lemon, yogurt and sumak and garnish of string bean	Marinated chicken leg with wine sauce and sauteed potatoes	Breaded chicken meatballs with mushrooms and Wedges potatoes	Chicken Satay with steamed vegetables
MAIN DISH WITH PORK/BEEF	Fresh Pasta Amatriciana(pork)	Moussaka (pork)	Breaded white fish fillet with sauteed potatoes	Hot Dog with Wedges potatoes(pork)	Pork Gyros with Tsatsiki and vegetables
DESSERT/FRUIT	Seasonal fruits	Cheese cake with fresh fruits	Seasonal fruits	Chocolate Souffle	Seasonal fruits
Week 4	MONDAY 24 June	TUESDAY 25 June	WEDNESDAY 26 June	THURSDAY 27 June	FRIDAY 28 June
SOUP	Red Cabbage cream soup	Beef soup with caramelized onion and dark beer	Bean soup	Pork soup with milk	
SALAD	Carrots and apples salad with dried fruits	Iceberg with cherry tomatoes and parmesan	Hummus with roasted bread	Greek salad with eggplant, tomatoes and cheese	
VEGETARIAN DISH	Oven baked potatoes with goat cheese and rosemary	Vegetarian Quiche	Vegetarian Quesadilla	Roasted vegetables with pesto and parmesan	PD Day
MAIN DISH WITH CHICKEN	Chicken Teriyaki with steamed white rice	Chicken mixed grill with garnish of sauteed potatoes	Crispy chicken with cornflakes and mashed potatoes	Chicken fillet with parmesan and potato crudites	
MAIN DISH WITH PORK/BEEF	Fresh Pasta Carbonara style(pork)	Grilled Kebapche with sauteed potatoes	Salmon fillet with mashed potatoes	100% Beef Burger with potato crudites	
DESSERT/FRUIT	Seasonal fruits	Crème Brulee	Seasonal fruits	Chocolate Brownie	

Menu of the Day

Daily a menu of the day is proposed, which is a specific combination of Soup or Salad + Main Course + Fruit = 9.20 BGN (Which is posted daily on the board)