



THE ANGLO AMERICAN SCHOOL OF SOFIA

SCHOOL MEAL MENU - ELEMENTARY SCHOOL PREPARED BY LIBERTY FOOD SERVICES



Week 1	MONDAY 30 Sept	gr/p	BG			WEDNESDAY 21 Aug	gr/p	BG	THURSDAY 22 Aug	gr/p	BG	FRIDAY 23 Aug	gr/p	BG	
SOUP	Cream soup of peas	200	2.60			Tarator	200	2.60	Tomato cream soup	200	2.60	Chicken soup	200	2.90	
SALAD	Tomatoes with eggplant salad (Greek style)	100	2.90			Tomatoes with mozzarella	100	2.90	Tomatoes, cucumbers and cheese	100	2.90	Fresh salads with iceberg, cherry tomatoes, lettuce and parmesan	100	2.90	
VEGETARIAN DISH	Vegetarian Curry with cauliflower	250	4.90			Zucchini fritters with Thai sauce	250	4.90	Zucchini gratin	250	4.90	Stuffed Peppers with rice and vegetables	250	4.90	
MAIN DISH WITH CHICKEN	Fresh Pasta with chicken fillet, broccoli, cream, parmesan and mozzarella	250	6.00			Chicken with cornflakes and Wedges potatoes/Salad	250	6.00	Oven baked chicken small leg with Steamed vegetables/Salad	250	6.00	Vegetarian Pizza		3.50	
MAIN DISH WITH PORK/BEEF/FISH	Oven baked Pork with rice	250	6.00			Salmon fillet with Wedges potatoes/Salad	250	6.00	Pork meatballs with steamed vegetables/Salad	250	6.00	Pizza with ham and mozzarella		3.50	
DESSERT	Seasonal fruits		1.50			Seasonal Fruit		1.50	Chocolate Souffle		3.70	Seasonal Fruit		1.20	
Week 2	MONDAY 26 Aug	gr/p	BG	TUESDAY 27 Aug	gr/p	BG	WEDNESDAY 28 Aug	gr/p	BG	THURSDAY 29 Aug	gr/p	BG	FRIDAY 30 Aug	gr/p	BG
SOUP	Potatoes and bacon soup	200	2.90	Cream soup of carrots with ginger	200	2.60	Bean soup	200	2.60	Zucchini cream soup	200	2.60	Pork Soup	200	2.90
SALAD	Greek style salad	100	2.90	Salad Vitamina(apple, beet, carrots)with honey-lemon sauce	100	2.90	Caesar salad with chicken	100	2.90	Cabbage and carrots salad	100	2.90	Bulgarian Shopska salad(tomatoes, cucumbers, onion, cheese, peppers, olives)	100	2.90
VEGETARIAN DISH	Vegetarian Fresh pasta with Tomato sauce	250	4.90	Vegetarian Risotto with rice Arborio and parmesan	250	4.90	Potato Fritters with yogurt sauce	250	4.90	Zucchini with rice	250	4.90	Vegetarian Enchilada	250	4.90
MAIN DISH WITH CHICKEN	Grilled chicken steak with Steamed broccoli	250	6.00	Chicken Satay with Steamed brown rice/Salad	250	6.00	Grilled chicken meatballs with Steamed potatoes/Salad	250	6.00	Chicken wings with Gravy sauce and Mashed potatoes/Salad	250	6.00	Pizza Margherita		3.50
MAIN DISH WITH PORK/BEEF/FISH	Grilled sausage with Steamed broccoli/Salad(pork)	250	6.00	Oven baked pork with herbs and Steamed brown rice/Salad	250	6.00	Breaded white fish fillet with Steamed potatoes/Salad	250	6.00	Shepherd's Pie(beef)	250	6.00	Pizza with ham and mozzarella		3.50
DESSERT	Seasonal fruits		1.50	Crème Panacotta with fruits		3.70	Seasonal Fruit		1.50	Home made Biscuit Cake		3.70	Seasonal Fruit		1.50
Week 3	MONDAY 02 Sept	gr/p	BG	TUESDAY 03 Sept	gr/p	BG	WEDNESDAY 04 Sept	gr/p	BG	THURSDAY 05 Sept	gr/p	BG	FRIDAY 06 Sept	gr/p	BG
SOUP	French onion soup	200	2.60	Mushrooms soup	200	2.60	Meatballs soup	200	2.90	Vegetarian Borsch	200	2.60			
SALAD	Tomato, cucumbers, cheese and olives	100	2.90	Fresh mixed salads	100	2.90	Eastern Hummus with bread	100	2.90	Shepherd's Salad (with pork ham)	100	2.90			
VEGETARIAN DISH	Quinoa with vegetables and hemp seed	250	4.90	Spinach fritters	250	4.90	Roasted vegetables with pesto sauce and parmesan	250	4.90	Mushrooms with rice	250	4.90			
MAIN DISH WITH CHICKEN	Grilled chicken steak with herbs and sauteed potatoes	250	6.00	Oven baked Turkey steak with steamed string bean/Salad	250	6.00	Chicken with rice	250	6.00	Chicken schnitzel with Glazed carrots/Salad	250	6.00	HOLIDAY		
MAIN DISH WITH PORK/BEEF/FISH	Pastitsio Bolognese(beef)	250	6.00	Roasted Pork with Steamed string bean/Salad	250	6.00	Perch fillet with corn in butter	250	6.00	Bulgarian Moussaka(pork)	250	6.00			
DESSERT	Seasonal fruits		1.50	Milk with rice		3.70	Seasonal Fruit		1.50	Eclair with crème vanilla and chocolate		3.70			
Week 4	MONDAY 09 Sept	gr/p	BG	TUESDAY 10 Sept	gr/p	BG	WEDNESDAY 11 Sept	gr/p	BG	THURSDAY 12 Sept	gr/p	BG	FRIDAY 13 Sept	gr/p	BG
SOUP	Potato cream soup	200	2.60	Boiled Beef soup	200	2.90	Spinach soup	200	2.60	Cream soup of broccoli with blue cheese	200	2.60	Chicken soup with vegetables	200	2.90
SALAD	Red and white cabbage with carrots	100	2.90	Crudites salad	100	2.90	Tomato and basil salad	100	2.90	Iceberg and Cherry Tomatoes Salad	100	2.90	Cucumbers with tomatoes, dill and fresh cheese	100	2.90
VEGETARIAN DISH	Potato Gratin	250	4.90	Spinach puree with egg and cheese	250	4.90	Vegetarian Quiche	250	4.90	Coral Lentil Stew	250	4.90	Eggplant with tomato sauce	250	4.90
MAIN DISH WITH CHICKEN	Ovenbaked chicken fillet and steamed vegetables/Salad	250	6.00	Oven baked chicken leg with Potatoes	250	6.00	Chicken Shish Kebap with garnish of Mashed potatoes	250	6.00	Chicken Mixed Grill with French fries/Salad(meatball, sausage, loin)	250	6.00	Vegetarian Pizza		3.50
MAIN DISH WITH PORK/BEEF/FISH	Fresh Tagliatelle Carbonara style(with bacon)	250	6.00	Pork Mincead meat Schnitzel with Oven baked potatoes	250	6.00	Trout fillet with Mashed potatoes	250	6.00	Hot Dog with French fries/Salad	250	6.00	Pizza with ham and mozzarella		3.50
DESSERT	Seasonal fruits		1.50	Cheese cake with forest fruits		3.70	Seasonal fruits		1.50	Caramel Crème		3.70	Seasonal fruits		1.50
Week 5	MONDAY 16 Sept	gr/p	BG	TUESDAY 17 Sept	gr/p	BG	WEDNESDAY 18 Sept	gr/p	BG	THURSDAY 19 Sept	gr/p	BG	FRIDAY 20 Sept	gr/p	BG
SOUP	Tarator	200	2.60	Tomato cream soup	200	2.60	Vegetarian Cream soup	200	2.60	Cream mushrooms soup with thyme	200	2.60	Oven baked cauliflower cream soup	200	2.60
SALAD	Colorful salad	100	2.90	Fresh Spinach salad	100	2.90	Fresh salad with chicken and sauce with blueberries	100	2.90	Green salad with quinoa, broccoli and boiled egg	100	2.90	Fresh salad with tuna	100	2.90
VEGETARIAN DISH	Bean stew	250	4.90	Chickpeas stew with spinach and spices	250	4.90	Vegetarian Fritters with yogurt sauce	250	4.90	Ratatouille with polenta and goat cheese	250	4.90	Baked Gnocchi with broccoli	250	4.90
MAIN DISH WITH CHICKEN	Chicken Wrap	250	6.00	Roasted Chicken small legs with BBQ sauce and garnish home made wedges	250	6.00	Chicken fillet with garnish of Vegetarian Risotto	250	6.00	Chicken with peas and carrots	250	6.00	Pizza Margherita		3.50
MAIN DISH WITH PORK/BEEF/FISH	Fresh Pasta Bolognese style(beef)	250	6.00	Grilled Kebapche with garnish of home made wedges	250	6.00	Salmon fillet with garnish of Vegetarian Risotto	250	6.00	Stuffed peppers with rice and pork mincead meat	250	6.00	Pizza with ham and mozzarella		3.50
DESSERT/FRUIT	Seasonal fruits		1.50	Crème Brulee		3.70	Seasonal fruits		1.50	Sacher Cake		3.70	Seasonal fruits		1.50
Week 6	MONDAY 23 Sept	gr/p	BG	TUESDAY 24 Sept	gr/p	BG	WEDNESDAY 25 Sept	gr/p	BG	THURSDAY 26 Sept	gr/p	BG	FRIDAY 27 Sept	gr/p	BG
SOUP				Chicken soup	200	2.90	Minestrone soup	200	2.60	Lentil soup	200	2.60	Beef soup with spinach	200	2.90
SALAD				Bulgarian Shopska salad(tomatoes, cucumbers, onion, cheese, peppers, olives)	100	2.90	Hummus with crudites	100	2.90	Tomatoes with arugula, cucumbers, and feta cheese	100	2.90	Fatush salad	100	2.90
VEGETARIAN DISH				Rice Noodles with vegetables	250	4.90	Vegetarian Tazine with cous cous and chickpeas	250	4.90	Breaded yellow cheese	250	4.90	Oven baked potato Hasselback with sauce	250	4.90
MAIN DISH WITH MEAT	HOLIDAY			Oven baked chicken with vegetables(Teppenyaki style)	250	6.00	Grilled Chicken fillet and Chips	250	6.00	Chicken steak Trakia with Wedges potatoes/Salad	250	6.00	Pizza Margherita		3.50
MAIN DISH WITH MEAT				Bean with sausage(pork)	250	6.00	Fish and Chips	250	6.00	100% Beef Burger with Wedges potatoes/Salad	250	6.00	Pizza with ham and mozzarella		3.50
FRUIT				Chocolate Brownie		3.70	Seasonal Fruit		1.50	Lemon Yogurt Cake		3.70	Seasonal Fruit		1.50

Menu of the Day
 Note that a Combination of Salad/Soup + Main Course + Fruit/Dessert = 8.90 BGN(without fish meal)
 Note that a Combination of Salad + Vegetarian Main Course + Fruit/Dessert = 8.90 BGN