THE ANGLO AMERICAN SCHOOL OF SOFIA
SCHOOL MEAL MENU - ELEMENTARY SCHOOL PREPARED BY LIBERTY FOOD SERVICES

Week 1	MONDAY 02 Nov	gr/p	€	TUESDAY 03 Nov	gr/p	€	WEDNESDAY 04 Nov	gr/p	€	THURSDAY 05 Nov	gr/p	€	FRIDAY 06 Nov	gr/p	€
SOUP	Broccoli cream soup with blue cheese	200	1.70	Meatballs soup (pork)	200	1.85	French onion soup	200	1.70	Chicken soup	200	1.85	Zucchini cream soup	200	1.70
SALAD	Village style Bulgarian salad	100	1.85	Caesar salad	100	1.85	Eastern Hummus salad with crudites	100	1.85	Tomato & Olives Salad	100	1.85	Tomato & Mozzarella Salad	100	1.85
VEGETARIAN DISH	Fresh Pasta with tomato sauce	250	3.20	Bean Stew	250	3.20	Vegetarian Burritos	250	3.20	Omelet with yellow and white cheese	250	3.20	Stuffed peppers with rice	250	3.20
MAIN DISH WITH CHICKEN	Chicken steak Trakia with string bean	250	4.00	Oven baked chicken leg with dark beer steamed vegetables	250	4.00	Breaded chicken fillet with home made potatoes	250	4.00	Chicken Wrap	250	4.00	Pizza with mozzarella	250	2.70
MAIN DISH WITH PORK/BEEF/FISH	Pork Mixed Grill with string bean	250	4.00	Bulgarian Moussaka (pork&beef)	250	4.00	Oven baked Salmon with home made potatoes (fish)	250		Pork wine kebap with mashed potatoes	250	4.00	Pizza with mozzarella and ham	250	2.70
DESSERT	Seasonal Fruit		0.92	Tiramisu		2.65	Seasonal Fruit		0.92	Chocolate brownie		2.65	Seasonal Fruit		0.92
Week 2	**MONDAY 09 Nov**	**gr/p**	**€**	**TUESDAY 10 Nov**	**gr/p**	**€**	**WEDNESDAY 11 Nov**	**gr/p**	**€**	**THURSDAY 12 Nov**	**gr/p**	**€**	**FRIDAY 13 Nov**	**gr/p**	**€**
SOUP	Potato cream soup	200	1.70	Tarator	200	1.70	Carrots cream soup with smoked cheese	200	1.70	Bean soup	200	1.70	Tomato cream soup	200	1.70
SALAD	Iceberg Salad with Ranch Dressing	100	1.85	Greek salad	100	1.85	Green salad with chicken and blueberries sauce	100	1.85	Snow white salad	100	1.85	Tomatoes, cheese and roasted peppers salad	100	1.85
VEGETARIAN DISH	Peas Stew	250	3.20	Baked Gnocchi with broccoli and blue cheese	250	3.20	Potato Gratin	250	3.20	Italian Vegetarian Risotto with parmesan	250	3.20	Potato fritters with yogurt sauce	250	3.20
MAIN DISH WITH CHICKEN	Fresh pasta with chicken smoked fillet, dried tomatoes, mozzarella and parmesan	250	4.00	Chicken wings with Broccoli and carrots	250	4.00	Breaded chicken small leg with potato salad	250	4.00	Chicken leg with rice	250	4.00	Pizza with mozzarella	250	2.70
MAIN DISH WITH PORK/BEEF/FISH	Shepherd`s Pie(beef)	250	4.00	Stuffed peppers with rice and minced meat(pork)	250	4.00	Oven baked African catfish fillet with potato salad (fish)	250		100% Beef Burger with wedges potatoes	250	4.00	Pizza with mozzarella and ham	250	2.70
DESSERT	Seasonal Fruit		0.92	Milk with rice		2.65	Seasonal Fruit		0.92	Pumpkin Crème Brulee		2.65	Seasonal Fruit		0.92
Week 3	**MONDAY 16 Nov**	**gr/p**	**€**	**TUESDAY 17 Nov**	**gr/p**	**€**	**WEDNESDAY 18 Nov**	**gr/p**	**€**	**THURSDAY 19 Nov**	**gr/p**	**€**	**FRIDAY 20 Nov**	**gr/p**	**€**
SOUP	Red lentil soup	200	1.70	Chicken cream soup	200	1.85	Pumpkin cream soup with coconut milk	200	1.70	Boiled beef soup	200	1.85	Vegetarian cream soup	200	1.70
SALAD	Coleslaw	100	1.85	Shopska salad	100	1.85	Traditional green salad	100	1.85	Greek style salad with eggplant, cheese and tomatoes	100	1.85	Nicoise salad with tuna	100	1.85
VEGETARIAN DISH	Moussaka with zucchini and rice	250	3.20	Zucchini fritters with Thai sauce	250	3.20	Vegetarian Chili with sweet potato	250	3.20	Mish mash	250	3.20	Oven baked potato Hasselback with sauce	250	3.20
MAIN DISH WITH CHICKEN	Marinated Chicken small legs with corn in butter	250	4.00	Chicken fillet with Baked half potato	250	4.00	Oven baked Turkey steak with sauteed potatoes	250	4.00	Chicken with potatoes	250	4.00	Pizza with mozzarella	250	2.70
MAIN DISH WITH PORK/BEEF/FISH	Lasagna Bolognese	250	4.00	Grilled kebapche with Baked half potato(pork & beef)	250	4.00	Perch fillet with sauteed potatoes (fish)	250		Hot Dog with Oven baked French fries (pork)	250	4.00	Pizza with mozzarella and ham	250	2.70
DESSERT	Seasonal Fruit		0.92	Biscuit cake		2.65	Seasonal Fruit		0.92	Éclair with Vanilla crème		2.65	Seasonal Fruit		0.92
Week 4	**MONDAY 23 Nov**	**gr/p**	**€**	**TUESDAY 24 Nov**	**gr/p**	**€**	**WEDNESDAY 25 Nov**	**gr/p**	**€**	**THURSDAY 26 Nov**			**FRIDAY 27 Nov**		
SOUP	Mushrooms soup	200	1.70	Metballs soup	200	1.85	Beef soup	200	1.85						
SALAD	Crudites	100	1.85	Eastern Hummus salad	100	1.85	Tomatoes, cucumbers and roasted pepper	100	1.85						
VEGETARIAN DISH	Omelet with white and yellow cheese	250	3.20	Vegetarian Quesadilla	250	3.20	Lentil stew	250	3.20	HOLIDAY			HOLIDAY		
MAIN DISH WITH CHICKEN	Chicken Stew with vegetables and potatoes	250	4.00	Oven baked chicken steak with steamed potatoes	250	4.00	Chicken Kebapche with French fries	250	4.00						
MAIN DISH WITH PORK/BEEF/FISH	Fresh Tagliatelli Carbonara Style (pork)	250	4.00	Stuffed peppers with rice and ground beef	250	4.00	Fish and Chips	250							
DESSERT	Seasonal Fruit		0.92	Cheese cake		2.65	Seasonal Fruit		0.92						

Menu of the Day
Note that a Combination of Salad/Soup + Main Course + Fruit = 5.80€(without fish meal)
Note that a Combination of Salad + Vegetarian Main Course + Fruit = 5.80€