THE ANGLO AMERICAN SCHOOL OF SOFIA
SCHOOL MEAL MENU - MIDDLE SCHOOL AND OLDER 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	300	1.85	Meatballs soup (pork)	300	2.05	French onion soup	300	1.85	Chicken soup	300	2.05	Zucchini cream soup	300	1.85
SALAD	Village style Bulgarian salad	150	2.20	Caesar salad	150	2.20	Eastern Hummus salad with crudites	150	2.20	Tomato & Olives Salad	150	2.20	Tomato & Mozzarella Salad	150	2.20
VEGETARIAN DISH	Fresh Pasta with tomato sauce	300	3.50	Bean Stew	300	3.50	Vegetarian Burritos	300	3.50	Omelet with yellow and white cheese	300	3.50	Stuffed peppers with rice	300	3.50
MAIN DISH WITH CHICKEN	Chicken steak Trakia with string bean	300	4.30	Oven baked chicken leg with dark beer steamed vegetables	300	4.30	Breaded chicken fillet with home made potatoes	300	4.30	Chicken Wrap	300	4.30	Chicken grilled meatballs with oven baked potatoes	300	4.30
MAIN DISH WITH PORK/BEEF/FISH	Pork Mixed Grill with string bean	300	4.30	Bulgarian Moussaka (pork&beef)	300	4.30	Oven baked Salmon with home made potatoes (fish)	300		Pork wine kebap with mashed potatoes	300	4.30	Roll Stephanie with oven baked potatoes (pork)	300	4.30
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	300	1.85	Tarator	300	1.85	Carrots cream soup with smoked cheese	300	1.85	Bean soup	300	1.85	Tomato cream soup	300	1.85
SALAD	Iceberg Salad with Ranch Dressing	150	2.20	Greek salad	150	2.20	Green salad with chicken and blueberries sauce	150	2.20	Snow white salad	150	2.20	Tomatoes, cheese and roasted peppers salad	150	2.20
VEGETARIAN DISH	Peas Stew	300	3.50	Baked Gnocchi with broccoli and blue cheese	300	3.50	Potato Gratin	300	3.50	Italian Vegetarian Risotto with parmesan	300	3.50	Potato fritters with yogurt sauce	300	3.50
MAIN DISH WITH CHICKEN	Fresh pasta with chicken smoked fillet, dried tomatoes, mozzarella and parmesan	300	4.30	Chicken wings with Broccoli and carrots	300	4.30	Breaded chicken small leg with potato salad	300	4.30	Chicken leg with rice	300	4.30	Chicken fillet with cornflakes and garnish of oven baked potatoes	300	4.30
MAIN DISH WITH PORK/BEEF/FISH	Shepherd`s Pie(beef)	300	4.30	Stuffed peppers with rice and minced meat(pork)	300	4.30	Oven baked African catfish fillet with potato salad (fish)	300		100% Beef Burger with wedges potatoes	300	4.30	Pork Gyros with tsatsiki and potatoes	300	4.30
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	300	1.85	Chicken cream soup	300	2.05	Pumpkin cream soup with coconut milk	300	1.85	Boiled beef soup	300	2.05	Vegetarian cream soup	300	1.85
SALAD	Coleslaw	150	2.20	Shopska salad	150	2.20	Traditional green salad	150	2.20	Greek style salad with eggplant, cheese and tomatoes	150	2.20	Nicoise salad with tuna	150	2.20
VEGETARIAN DISH	Moussaka with zucchini and rice	300	3.50	Zucchini fritters with Thai sauce	300	3.50	Vegetarian Chili with sweet potato	300	3.50	Mish mash	300	3.50	Oven baked potato Hasselback with sauce	300	3.50
MAIN DISH WITH CHICKEN	Marinated Chicken small legs with corn in butter	300	4.30	Chicken fillet with Baked half potato	300	4.30	Oven baked Turkey steak with sauteed potatoes	300	4.30	Chicken with potatoes	300	4.30	Mixed chicken grill with oven baked rice	300	4.30
MAIN DISH WITH PORK/BEEF/FISH	Lasagna Bolognese	300	4.30	Grilled kebapche with Baked half potato(pork & beef)	300	4.30	Perch fillet with sauteed potatoes (fish)	300		Hot Dog with Oven baked French fries (pork)	300	4.30	Pork schnitzel of minced meat with oven baked rice	300	4.30
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	300	1.85	Metballs soup	300	2.05	Beef soup	300	2.05						
SALAD	Crudites	150	2.20	Eastern Hummus salad	150	2.20	Tomatoes, cucumbers and roasted pepper	150	2.20						
VEGETARIAN DISH	Omelet with white and yellow cheese	300	3.50	Vegetarian Quesadilla	300	3.50	Lentil stew	300	3.50	HOLIDAY			HOLIDAY		
MAIN DISH WITH CHICKEN	Chicken Stew with vegetables and potatoes	300	4.30	Oven baked chicken steak with steamed potatoes	300	4.30	Chicken Kebapche with French fries	300	4.30						
MAIN DISH WITH PORK/BEEF/FISH	Fresh Tagliatelli Carbonara Style (pork)	300	4.30	Stuffed peppers with rice and ground beef	300	4.30	Fish and Chips	300							
DESSERT	Seasonal Fruit		0.92	Cheese cake		2.65	Seasonal Fruit		0.92						

Menu of the Day
Daily a menu of the day is proposed, which is a specific combination of Soup or Salad + Main Course + Fruit = 6.00€ (Which is posted daily on the board)