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

Week 1	MONDAY 02 Nov	TUESDAY 03 Nov	WEDNESDAY 04 Nov	THURSDAY 05 Nov	FRIDAY 06 Nov
SALAD	Village style Bulgarian salad	Caesar salad	Eastern Hummus salad with crudites	Tomato & Olives Salad	Tomato & Mozzarella Salad
VEGETARIAN DISH	Fresh Pasta with tomato sauce	Bean Stew	Vegetarian Burritos	Omelet with yellow and white cheese	Stuffed peppers with rice
MAIN DISH WITH CHICKEN	Chicken steak Trakia with string bean	Oven baked chicken leg with dark beer steamed vegetables	Breaded chicken fillet with home made potatoes	Chicken Wrap	Chicken grilled meatballs with oven baked potatoes
MAIN DISH WITH PORK/BEEF/FISH	Pork Mixed Grill with string bean	Bulgarian Moussaka (pork&beef)	Oven baked Salmon with home made potatoes (fish)	Pork wine kebap with mashed potatoes	Roll Stephanie with oven baked potatoes (pork)
DESSERT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Week 2	**MONDAY 09 Nov**	**TUESDAY 10 Nov**	**WEDNESDAY 11 Nov**	**THURSDAY 12 Nov**	**FRIDAY 13 Nov**
SALAD	Iceberg Salad with Ranch Dressing	Greek salad	Green salad with chicken and blueberries sauce	Snow white salad	Tomatoes, cheese and roasted peppers salad
VEGETARIAN DISH	Peas Stew	Baked Gnocchi with broccoli and blue cheese	Potato Gratin	Italian Vegetarian Risotto with parmesan	Potato fritters with yogurt sauce
MAIN DISH WITH CHICKEN	Fresh pasta with chicken smoked fillet, dried tomatoes, mozzarella and parmesan	Chicken wings with Broccoli and carrots	Breaded chicken small leg with potato salad	Chicken leg with rice	Chicken fillet with cornflakes and garnish of oven baked potatoes
MAIN DISH WITH PORK/BEEF/FISH	Shepherd`s Pie(beef)	Stuffed peppers with rice and minced meat(pork)	Oven baked African catfish fillet with potato salad (fish)	100% Beef Burger with wedges potatoes	Pork Gyros with tsatsiki and potatoes
DESSERT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Week 3	**MONDAY 16 Nov**	**TUESDAY 17 Nov**	**WEDNESDAY 18 Nov**	**THURSDAY 19 Nov**	**FRIDAY 20 Nov**
SALAD	Coleslaw	Shopska salad	Traditional green salad	Greek style salad with eggplant, cheese and tomatoes	Nicoise salad with tuna
VEGETARIAN DISH	Moussaka with zucchini and rice	Zucchini fritters with Thai sauce	Vegetarian Chili with sweet potato	Mish mash	Oven baked potato Hasselback with sauce
MAIN DISH WITH CHICKEN	Marinated Chicken small legs with corn in butter	Chicken fillet with Baked half potato	Oven baked Turkey steak with sauteed potatoes	Chicken with potatoes	Mixed chicken grill with oven baked rice
MAIN DISH WITH PORK/BEEF/FISH	Lasagna Bolognese	Grilled kebapche with Baked half potato(pork & beef)	Perch fillet with sauteed potatoes (fish)	Hot Dog with Oven baked French fries (pork)	Pork schnitzel of minced meat with oven baked rice
DESSERT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Week 4	**MONDAY 23 Nov**	**TUESDAY 24 Nov**	**WEDNESDAY 25 Nov**	**THURSDAY 26 Nov**	**FRIDAY 27 Nov**
SALAD	Crudites	Eastern Hummus salad	Tomatoes, cucumbers and roasted pepper		
VEGETARIAN DISH	Omelet with white and yellow cheese	Vegetarian Quesadilla	Lentil stew		
MAIN DISH WITH CHICKEN	Chicken Stew with vegetables and potatoes	Oven baked chicken steak with steamed potatoes	Chicken Kebapche with French fries	HOLIDAY	HOLIDAY
MAIN DISH WITH PORK/BEEF/FISH	Fresh Tagliatelli Carbonara Style (pork)	Stuffed peppers with rice and ground beef	Fish and Chips		
DESSERT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		

Menu of the Day
Note that a Combination of Salad + Main Course + Fruit = 5.70€(without fish meal)
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