



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



Week 1				THURSDAY 01 Feb	FRIDAY 02 Feb
SALAD				Iceberg salad with tomatoes	Shopska salad
VEGETARIAN DISH				Stuffed peppers with rice	Pizza with cheese
MAIN DISH WITH MEAT				100% Beef Burger with garnish	Pizza with ham and cheese
FRUIT				Seasonal Fruit	Seasonal Fruit
Week 2	MONDAY 05 Feb	TUESDAY 06 Feb	WEDNESDAY 07 Feb	THURSDAY 08 Feb	FRIDAY 09 Feb
SALAD	Tomatoes and mozzarella	Chinese cabbage and tomatoes salad	Tomato, cucumbers and cheese salad	Potato salad	Fresh salad with tuna
VEGETARIAN DISH	Pasta with four types of cheese	Vegetarian Chili	Broccoli Gratin	Vegetarian risotto	Vegetarian Pizza
MAIN DISH WITH MEAT	Chicken with rice	Crispy chicken fillet with sesame and mashed potatoes	Chicken with mozzarella and basil	Beef stew with white rice	Meatlover`s pizza
FRUIT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Week 3	MONDAY 19 Feb	TUESDAY 20 Feb	WEDNESDAY 21 Feb	THURSDAY 22 Feb	FRIDAY 23 Feb
SALAD	Eastern Hummus	Tomatoes, roasted peppers and cheese salad	Assorted salad	Cabbage, carrots and olives salad	Greek salad
VEGETARIAN DISH	Forest Patatnik	Potato fritters with yogurt sauce	Vegetarian lentil stew	Pancake with vegetables	Vegetarian Pizza
MAIN DISH WITH MEAT	Lasagna with spinach and chicken	Chicken with potatoes	Chicken with cornflakes + Garnish	Chicken with string bean	Pizza with ham and cheese
FRUIT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Week 4	MONDAY 26 Feb	TUESDAY 27 Feb	WEDNESDAY 28 Feb		
SALAD	Shopska salad	Green salad with cucumbers and radishes	Tomatoes and cucumbers		
VEGETARIAN DISH	Oven baked yellow cheese	Stuffed Baked Potatoes	Moussaka with eggplant and bulgur		
MAIN DISH WITH MEAT	Pasta Bolognese	Chinese chicken	Mix Grill (Without pork) with garnish		
FRUIT	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		

Note that a Combination of Salad+Main Course with meat+Fruit = 5.20 BGN
 Note that a Combination of Salad+Vegetarian Main Course+Fruit = 4.70 BGN