



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



										THURSDAY 01 Feb		BGN		FRIDAY 02 Feb		gr/pc		BGN		
Week 1																				
SOUP																				
SALAD 1																				
SALAD 2																				
VEGETARIAN DISH																				
MAIN DISH WITH MEAT 1																				
MAIN DISH WITH MEAT 2																				
DESSERT																				
FRUIT																				
Week 2																				
	MONDAY 05 Feb	gr/pc	BGN	TUESDAY 06 Feb	gr/pc	BGN	WEDNESDAY 07 Feb	gr/pc	BGN	THURSDAY 08 Feb	gr/pc	BGN	FRIDAY 09 Feb	gr/pc	BGN					
SOUP	Meatball soup (Pork)	200	1.60	Red Lentil Soup	200	1.40	Cream of Zucchini	200	1.40	Beef soup	200	1.60	Tarator soup	200	1.40					
SALAD 1	Tomatoes and mozzarella	100	1.60	Chinese cabbage and tomatoes salad	100	1.50	Tomato, cucumbers and cheese salad	100	1.50	Tomatoes and cucumbers salad	100	1.50	Fresh tomato salad and olives	100	1.50					
SALAD 2	Stuffed cucumbers with cheese	100	1.50	Sweet peppers salad	100	1.50	Spinach salad with blue cheese	100	1.60	Potato salad	100	1.50	Fresh salad with tuna	100	1.60					
VEGETARIAN DISH	Pasta with four types of cheese	250	2.70	Vegetarian Chili	250	2.70	Broccoli Gratin	250	2.70	Vegetarian risotto	250	2.70	Vegetarian Pizza		2.40					
MAIN DISH WITH MEAT 1	Chicken with rice	250	3.60	Grilled Pork Tepenyaki	250	3.60	Grilled Mackerel fillet with garnish	250		Chicken Tandoori	250	3.70	Two types of pizza (with chicken and with ham)		2.40					
MAIN DISH WITH MEAT 2	Grilled Meatballs with + Garnish (Pork)	250	3.60	Crispy chicken fillet with sesame and mashed potatoes	250	3.80	Chicken with mozzarella and basil	250	3.80	Beef stew with white rice	250	3.80								
DESSERT				Chocolate muffin		1.80	Strudel with vanilla syrup		1.80	Chocolate mousse		1.80								
FRUIT	Seasonal Fruit		1.00	Seasonal Fruit		1.00	Seasonal Fruit		1.00	Seasonal Fruit		1.00	Seasonal Fruit		1.00					
Week 3																				
	MONDAY 19 Feb	gr/pc	BGN	TUESDAY 20 Feb	gr/pc	BGN	WEDNESDAY 21 Feb	gr/pc	BGN	THURSDAY 22 Feb	gr/pc	BGN	FRIDAY 23 Feb	gr/pc	BGN					
SOUP	Vegetable Soup	200	1.40	Boiled beef soup	200	1.60	Tomato soup with basil	200	1.40	Soup with turkey	200	1.60	Spinach soup	200	1.40					
SALAD 1	Eastern Hummus	100	1.50	Tomatoes, roasted peppers and cheese salad	100	1.50	Assorted salad	100	1.50	Cabbage, carrots and olives salad	100	1.50	Cabbage, carrots and parsley salad	100	1.50					
SALAD 2	Caesar salad	100	1.60	Cucumber salad with dill and feta cheese	100	1.50	Turnip with carrots salad	100	1.50	Arugula, Iceberg, cherry tomatoes	100	1.50	Greek salad	100	1.50					
VEGETARIAN DISH	Forest Patatnik	250	2.70	Potato fritters with yogurt sauce	250	2.70	Vegetarian lentil stew	250	2.70	Pancake with vegetables	250	2.70	Vegetarian Pizza		2.40					
MAIN DISH WITH MEAT 1	Pork steak with roasted potatoes	250	3.70	Chicken with potatoes	250	3.60	Chicken with cornflakes + Garnish	250	3.80	Hot Dog with garnish (Pork)	250	3.60	Pizza with ham and cheese		2.40					
MAIN DISH WITH MEAT 2	Lasagna with spinach and chicken	250	3.70	Pork with rice	250	3.60	Salmon fillet with garnish	250		Chicken with string bean	250	3.60								
DESSERT				Apple pie		1.80	Milk with rice		1.80	Pancake with chocolate and banana		1.80								
FRUIT	Seasonal Fruit		1.00	Seasonal Fruit		1.00	Seasonal Fruit		1.00	Seasonal Fruit		1.00	Seasonal Fruit		1.00					
Week 4																				
	MONDAY 26 Feb	gr/pc	BGN	TUESDAY 27 Feb	gr/pc	BGN	WEDNESDAY 28 Feb	gr/pc	BGN											
SOUP	Potato & Leek cream soup	200	1.40	Chicken soup	200	1.60	Bean soup	200	1.40											
SALAD 1	Varied Salad Plate	100	1.50	Green salad with cucumbers and radishes	100	1.50	Tomatoes and cucumbers	100	1.50											
SALAD 2	Shopska salad	100	1.50	Tomatoes with cheese	100	1.60	Fresh mixed salad	100	1.50											
VEGETARIAN DISH	Oven baked yellow cheese	250	2.70	Stuffed Baked Potatoes	250	2.70	Moussaka with eggplant and bulgur	250	2.70											
MAIN DISH WITH MEAT 1	Roasted chicken fillet with vegetables	250	3.70	Pork wine kebab with garnish	250	3.60	Mix Grill (Without pork) with garnish	250	3.80											
MAIN DISH WITH MEAT 2	Pasta Bolognese	250	3.80	Chinese chicken	250	3.60	Trout with garnish													
DESSERT				Tiramisu		1.80	Biscuit cake		1.80											
FRUIT	Seasonal Fruit		1.00	Seasonal Fruit		1.00	Seasonal Fruit		1.00											

Recommended Menu of the Day: Soup or Salad + Main Course + Dessert = 5.80 BGN
When changing the Main Course to the Vegetarian selection = 5.30 BGN
On Pizza Day the Individual Dishes are charged (as the combination comes out below the Recommended day Menu price)