



THE ANGLO AMERICAN SCHOOL OF SOFIA  
SCHOOL MEAL MENU - MIDDLE SCHOOL AND OLDER PREPARED BY LIBERTY FOOD SERVICES



						THURSDAY 01 Feb				FRIDAY 02 Feb					
		gr/pc	BGN	gr/pc	BGN	gr/pc	BGN	gr/pc	BGN	gr/pc	BGN	gr/pc	BGN		
Week 1															
SOUP															
SALAD 1															
SALAD 2															
VEGETARIAN DISH															
MAIN DISH WITH MEAT 1															
MAIN DISH WITH MEAT 2															
DESERT															
FRUIT															
Week 2															
SOUP	Meatball soup (Pork)	300	1.90	Red Lentil Soup	300	1.70	Cream of Zucchini	300	1.70	Beef soup	300	1.90	Tarator soup	300	1.70
SALAD 1	Tomatoes and mozzarella	150	1.80	Chinese cabbage and tomatoes salad	150	1.70	Tomato, cucumbers and cheese salad	150	1.70	Tomatoes and cucumbers salad	150	1.70	Fresh tomato salad and olives	150	1.70
SALAD 2	Stuffed cucumbers with cheese	150	1.70	Sweet peppers salad	150	1.70	Spinach salad with blue cheese	150	1.90	Potato salad	150	1.70	Fresh salad with tuna	150	1.80
VEGETARIAN DISH	Pasta with four types of cheese	300	3.10	Vegetarian Chili	300	3.10	Broccoli Gratin	300	3.10	Vegetarian risotto	300	3.10	Vegetarian Pizza		2.40
MAIN DISH WITH MEAT 1	Chicken with rice	300	4.00	Grilled Pork Tepeyaki	300	4.30	Grilled Mackerel fillet with garnish	300		Chicken Tandoori	300	4.30	Two types of pizza (with chicken and with ham)		2.40
MAIN DISH WITH MEAT 2	Grilled Meatballs with + Garnish (Pork)	300	4.20	Crispy chicken fillet with sesame and mashed potatoes	300	4.30	Chicken with mozzarella and basil	300	4.40	Beef stew with white rice	300	4.40			
DESERT				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															
SOUP	Vegetable Soup	300	1.70	Boiled beef soup	300	1.90	Tomato soup with basil	300	1.70	Soup with turkey	300	1.90	Spinach soup	300	1.70
SALAD 1	Eastern Hummus	150	1.70	Tomatoes, roasted peppers and cheese salad	150	1.70	Assorted salad	150	1.70	Cabbage, carrots and olives salad	150	1.70	Cabbage, carrots and parsley salad	150	1.70
SALAD 2	Caesar salad	150	1.90	Cucumber salad with dill and feta cheese	150	1.70	Turnip with carrots salad	150	1.70	Arugula, Iceberg, cherry tomatoes	150	1.70	Greek salad	150	1.70
VEGETARIAN DISH	Forest Patatnik	300	3.10	Potato fritters with yogurt sauce	300	3.10	Vegetarian lentil stew	300	3.10	Pancake with vegetables	300	3.10	Vegetarian Pizza		2.40
MAIN DISH WITH MEAT 1	Pork steak with roasted potatoes	300	4.40	Chicken with potatoes	300	4.00	Chicken with cornflakes + Garnish	300	4.30	Hot Dog with garnish (Pork)	300	4.00	Pizza with ham and cheese		2.40
MAIN DISH WITH MEAT 2	Lasagna with spinach and chicken	300	4.40	Pork with rice	300	4.20	Salmon fillet with garnish	300		Chicken with string bean	300	4.00			
DESERT				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		
Week 4															
SOUP	Potato & Leek cream soup	300	1.70	Chicken soup	300	1.90	Bean soup	300	1.70						
SALAD 1	Varied Salad Plate	150	1.70	Green salad with cucumbers and radishes	150	1.70	Tomatoes and cucumbers	150	1.70						
SALAD 2	Shopska salad	150	1.70	Tomatoes with cheese	150	1.70	Fresh mixed salad	150	1.70						
VEGETARIAN DISH	Oven baked yellow cheese	300	3.40	Stuffed Baked Potatoes	300	3.10	Moussaka with eggplant and bulgur	300	3.10						
MAIN DISH WITH MEAT 1	Roasted chicken fillet with vegetables	300	4.40	Pork wine kebab with garnish	300	4.30	Mix Grill (Without pork) with garnish	300	4.40						
MAIN DISH WITH MEAT 2	Pasta Bolognese	300	4.40	Chinese chicken	300	4.30	Trout with garnish	300							
DESERT				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 = 6.90 BGN  
When changing the Main Course to the Vegetarian selection = 5.90 BGN  
On Pizza Day the Individual Dishes are charged (as the combination comes out below the Recommended day Menu price)