



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



| | | | | | THURSDAY 01 March | | | FRIDAY 02 March | | | | | | | | | | | | | | | | | | | | |
|-----------------------|--|--|--|--|---|-----|------|--|-----|--|--------------------|------|--|-------------------|--|------|-----------------|--|--|--|-----|------|---|----------------|--|-----|------|------|
| | | | | | gr/pc | BGN | | gr/pc | BGN | | gr/pc | BGN | | | | | | | | | | | | | | | | |
| SOUP | | | | | Pork soup with milk | 300 | 1.90 | Tarator | | | 300 | 1.50 | | | | | | | | | | | | | | | | |
| SALAD 1 | | | | | Tomatoes and cucumbers salad | 150 | 1.70 | Tuna salad | | | 150 | 1.90 | | | | | | | | | | | | | | | | |
| SALAD 2 | | | | | Potato salad | 150 | 1.70 | Turnip, carrots, beet and parsnip salad | | | 150 | 1.70 | | | | | | | | | | | | | | | | |
| VEGETARIAN DISH | | | | | Vegetarian risotto | 300 | 3.10 | Potato fritters with yogurt sauce | | | 300 | 3.10 | | | | | | | | | | | | | | | | |
| MAIN DISH WITH MEAT | | | | | Chicken Tandoori | 300 | 4.30 | Vegetarian Pizza | | | | 2.40 | | | | | | | | | | | | | | | | |
| MAIN DISH WITH MEAT 2 | | | | | Beef stew with white rice | 300 | 4.40 | Pizza with ham and cheese | | | | 2.40 | | | | | | | | | | | | | | | | |
| DESSERT | | | | | Chocolate mousse | | 1.80 | | | | | | | | | | | | | | | | | | | | | |
| FRUIT | | | | | Seasonal Fruit | | 1.00 | Seasonal Fruit | | | | 1.00 | | | | | | | | | | | | | | | | |
| Week 2 | | | | | MONDAY 05 March | | | TUESDAY 06 March | | | WEDNESDAY 07 March | | | THURSDAY 08 March | | | FRIDAY 09 March | | | | | | | | | | | |
| SOUP | | | | | French onion soup | 300 | 1.70 | Chicken soup | | | 300 | 1.80 | Red Lentil Soup | | | 300 | 1.70 | Beef soup | | | 300 | 1.90 | | | | | | |
| SALAD 1 | | | | | Tomato and cheese salad | 150 | 1.70 | Fresh salad with sprouts | | | 150 | 1.80 | Roasted zucchini, tomatoes and cheese | | | 150 | 1.70 | Shepherd's salad | | | 150 | 1.70 | | | | | | |
| SALAD 2 | | | | | Tuscan salad | 150 | 1.70 | Apple and carrot salad | | | 150 | 1.70 | Sweet peppers salad | | | 150 | 1.70 | Turnip and beet salad | | | 150 | 1.70 | | | | | | |
| VEGETARIAN DISH | | | | | PD DAY | | | Bulgarian Mish mash | | | 300 | 3.10 | Roasted Stuffed potatoes with sauce | | | 300 | 3.10 | Vegetarian Chili | | | 300 | 3.10 | | | | | | |
| MAIN DISH WITH MEAT | | | | | | | | Chicken kebab + garnish | | | 300 | 4.20 | Crispy white fish fillet with garnish | | | 300 | | Stuffed peppers with rice and minced meat(pork) | | | 300 | 4.20 | | | | | | |
| MAIN DISH WITH MEAT 2 | | | | | | | | Moussaka (pork) | | | 300 | 4.20 | Roll Stephanie + Glazed carrots | | | 300 | 4.20 | Cirspy chicken fillet with mashed potatoes | | | 300 | 4.30 | | | | | | |
| DESSERT | | | | | | | | Pancake with fruits salad | | | | 1.80 | Yogurt with sliced banana and shaved chocolate | | | 1.80 | | Fruits salad with crème Mascarpone | | | | 1.80 | | | | | | |
| FRUIT | | | | | | | | Seasonal Fruit | | | | 1.00 | Seasonal Fruit | | | 1.00 | | Seasonal Fruit | | | | 1.00 | | | | | | |
| Week 3 | | | | | MONDAY 12 March | | | TUESDAY 13 March | | | WEDNESDAY 14 March | | | THURSDAY 15 March | | | FRIDAY 16 March | | | | | | | | | | | |
| SOUP | | | | | Pork soup | 300 | 1.90 | Tomato soup with basil | | | 300 | 1.70 | Boiled beef soup | | | 300 | 1.90 | Pumpkin cream soup with coconut milk | | | 300 | 1.70 | Cream soup of broccoli and blue cheese | | | 300 | 1.70 | |
| SALAD 1 | | | | | Carrots and pears salad | 150 | 1.70 | Greek salad | | | 150 | 1.70 | Crudites salad (peppers, carrots, cucumbers) | | | 150 | 1.70 | Tomato and cucumbers salad | | | 150 | 1.70 | Tomato salad | | | 150 | 1.70 | |
| SALAD 2 | | | | | Tomato, cucumbers and cheese salad | 150 | 1.70 | Mexican salad with fresh vegetables | | | 150 | 1.70 | Spinach salad with honey | | | 150 | 1.80 | Mixed green salads with cucumbers and radishes | | | 150 | 1.70 | Coleslaw salad | | | 150 | 1.70 | |
| VEGETARIAN DISH | | | | | Buckwheat with vegetables | 300 | 3.10 | Roasted vegetables with pesto sauce and parmesan | | | 300 | 3.10 | Forest Patatnik | | | 300 | 3.10 | Shopsky style cheese | | | 300 | 3.10 | Pizza Margarita | | | | 2.40 | |
| MAIN DISH WITH MEAT | | | | | Fresh pasta with chicken, cherry tomatoes, parmesan and cream | 300 | 4.20 | Chicken with potatoes | | | 300 | 4.00 | Grilled Perch fillet with roasted vegetables | | | 300 | | Chicken fillet with potatoes, broccoli, carrots and cream cheese | | | 300 | 4.30 | Meat Lover's pizza | | | | 2.40 | |
| MAIN DISH WITH MEAT 2 | | | | | Meatballs with tomato sauce (pork) | 300 | 4.20 | Roasted Pork with fresh vegetables | | | 300 | 4.30 | Mixed Grill (WIHTOUT PORK) with potatoes | | | 300 | 4.40 | Hot Dog (pork) with potatoes | | | 300 | 4.00 | | | | | | |
| DESSERT | | | | | | | | Crème brule | | | | 1.80 | Chocolate Éclair | | | 1.80 | | Tiramisu | | | | 1.80 | | | | | | |
| FRUIT | | | | | Seasonal Fruit | | 1.00 | Seasonal Fruit | | | | 1.00 | Seasonal Fruit | | | 1.00 | | Seasonal Fruit | | | | 1.00 | | | | | 1.00 | |
| Week 4 | | | | | MONDAY 19 March | | | TUESDAY 20 March | | | WEDNESDAY 21 March | | | THURSDAY 22 March | | | FRIDAY 23 March | | | | | | | | | | | |
| SOUP | | | | | Meatball soup (pork) | 300 | 1.90 | Mushroom soup | | | 300 | 1.70 | Borsch soup with beef | | | 300 | 1.90 | Bean soup | | | 300 | 1.70 | Vegetable cream soup | | | 300 | 1.70 | |
| SALAD 1 | | | | | Tomatoes and mozzarella | 150 | 1.80 | Shopska salad | | | 150 | 1.70 | Tomatoes, cucumbers and cheese | | | 150 | 1.70 | Iceberg with roasted vegetables | | | 150 | 1.70 | Crudites salad (peppers, carrots, cucumbers) | | | 150 | 1.70 | |
| SALAD 2 | | | | | Stuffed cucumbers with cheese | 150 | 1.70 | Iceberg with cucumbers and cherry tomatoes | | | 150 | 1.80 | Eastern Hummus with crudites | | | 150 | 1.70 | Salad of steamed vegetables with boiled egg | | | 150 | 1.70 | Greek style eggplant salad | | | 150 | 1.70 | |
| VEGETARIAN DISH | | | | | Pasta with tomato sauce | 300 | 3.10 | Roasted eggplant with tomato sauce and basil | | | 300 | 3.10 | Oven baked zucchini with tomatoes and rice | | | 300 | 3.10 | Quinoa and bulgur with vegetables | | | 300 | 3.10 | Stuffed peppers with rice | | | 300 | 3.10 | |
| MAIN DISH WITH MEAT | | | | | Chicken Risotto | 300 | 4.00 | Grilled pork steak with garnish | | | 300 | 4.40 | Grilled Sallmon Fillet with garnish | | | 300 | | Grilled Turkey Fillet + Garnish | | | 300 | 4.40 | Vegetarian Pizza | | | | 2.40 | |
| MAIN DISH WITH MEAT 2 | | | | | Roasted pork with potatoes | 300 | 4.20 | Chicken Stroganoff | | | 300 | 4.30 | Chicken with cornflakes and garnish | | | 300 | 4.30 | Shepherd's pie(beef) | | | 300 | 4.40 | Pizza with ham and cheese | | | | 2.40 | |
| DESSERT | | | | | | | | Biscuit Cake | | | | 1.80 | Roasted apple with yogurt crème | | | 1.80 | | Chocolate Muffin | | | | 1.80 | | | | | | |
| FRUIT | | | | | Seasonal Fruit | | 1.00 | Seasonal Fruit | | | | 1.00 | Seasonal Fruit | | | 1.00 | | Seasonal Fruit | | | | 1.00 | | | | | 1.00 | |
| Week 5 | | | | | MONDAY 26 March | | | TUESDAY 27 March | | | WEDNESDAY 28 March | | | THURSDAY 29 March | | | FRIDAY 30 March | | | | | | | | | | | |
| SOUP | | | | | Potato cream soup | 300 | 1.70 | Beef soup with spinach | | | 300 | 1.70 | Cream of Zucchini | | | 300 | 1.70 | Chicken soup | | | | 300 | 1.70 | | | | | |
| SALAD 1 | | | | | Fresh mixed salads with yogurt balls | 150 | 1.70 | Shepherd's salad | | | 150 | 1.70 | Tomato and cheese salad | | | 150 | 1.70 | Eggs salad | | | | 150 | 1.70 | | | | | |
| SALAD 2 | | | | | Cabbage and parsley salad | 150 | 1.70 | Turnip,carrots and beet salad with honey | | | 150 | 1.70 | Spinach salad with blue cheese | | | 150 | 1.90 | Iceberg with cherry tomatoes and parmesan | | | | 150 | 1.70 | | | | | |
| VEGETARIAN DISH | | | | | Zucchini Gratin | 300 | 3.10 | Mish Mash | | | 300 | 3.10 | Bean stew | | | 300 | 3.10 | Pancake with mashed potatoes and spices | | | | 300 | 3.10 | HOLIDAY | | | | |
| MAIN DISH WITH MEAT | | | | | Lasagna Bolognese | 300 | 4.40 | Chili con carne | | | 300 | 4.30 | Salmon Trout fillet with garnish | | | 300 | | 100 % Beef Burger with french fries | | | | 300 | 4.40 | | | | | |
| MAIN DISH WITH MEAT 2 | | | | | Chicken with rice | 300 | 4.00 | Pork Gyros with Peppers N Onions | | | 300 | 4.40 | Chicken Fajitas | | | 300 | 4.30 | | | | | | | | | | | |
| DESSERT | | | | | | | | Cheese cake with forest fruits | | | | 1.80 | Strudel with vanilla syrup | | | 1.80 | | Éclair Cake | | | | 1.80 | | | | | | |
| FRUIT | | | | | Seasonal Fruit | | 1.00 | Seasonal Fruit | | | | 1.00 | Seasonal Fruit | | | 1.00 | | Seasonal Fruit | | | | 1.00 | | | | | | 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)