



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



| Week 1 | | | | THURSDAY 01 March | FRIDAY 02 March | |
|---------------------|---|------------------------|--|---|--|----------------------------|
| SALAD | | | | Tomatoes and cucumbers salad | Turnip, carrots, beet and parsnip salad | |
| VEGETARIAN DISH | | | | Vegetarian risotto | Vegetarian Pizza | |
| MAIN DISH WITH MEAT | | | | Chicken Tandoori with rice | Pizza with ham and cheese | |
| FRUIT | | | | Seasonal Fruit | Seasonal Fruit | |
| Week 2 | | MONDAY 05 March | TUESDAY 06 March | WEDNESDAY 07 March | THURSDAY 08 March | FRIDAY 09 March |
| SALAD | | | Tomato and cheese salad | Apple and carrot salad | Roasted zucchini, tomatoes and cheese | Turnip and beet salad |
| VEGETARIAN DISH | | PD DAY | Bulgarian Mish mash | Roasted Stuffed potatoes with sauce | Vegetarian Chili | Vegetarian Pizza |
| MAIN DISH WITH MEAT | | | Chicken kebab + garnish | Crispy white fish fillet with garnish | Crispy chicken fillet with mashed potatoes | Pizza with meat |
| FRUIT | | | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit |
| Week 3 | | MONDAY 12 March | TUESDAY 13 March | WEDNESDAY 14 March | THURSDAY 15 March | FRIDAY 16 March |
| SALAD | Tomato, cucumbers and cheese salad | | Greek salad | Crudites salad (peppers, carrots, cucumbers) | Mixed green salads with cucumbers and radishes | Coleslaw salad |
| VEGETARIAN DISH | Buckwheat with vegetables | | Roasted vegetables with pesto sauce and parmesan | Forest Patatnik | Shopsky style cheese | Pizza Margaritta |
| MAIN DISH WITH MEAT | Fresh pasta with chicken, cherry tomatoes, parmesan and cream | | Chicken with potatoes | Mixed Grill (WIHTOUT PORK) with potatoes | Hot Dog (chicken) with potatoes | Meat Lover's pizza |
| FRUIT | Seasonal Fruit | | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit |
| Week 4 | | MONDAY 19 March | TUESDAY 20 March | WEDNESDAY 21 March | THURSDAY 22 March | FRIDAY 23 March |
| SALAD | Tomatoes and mozzarella | | Iceberg with cucumbers and cherry tomatoes | Eastern Hummus with crudites | Iceberg with roasted vegetables | Greek style eggplant salad |
| VEGETARIAN DISH | Pasta with tomato sauce | | Roasted eggplant with tomato sauce and basil | Oven baked zucchini with tomatoes and rice | Quinoa and bulgur with vegetables | Vegetarian Pizza |
| MAIN DISH WITH MEAT | Chicken Risotto | | Chicken Stroganoff | Chicken with cornflakes and garnish | Grilled Turkey fillet with garnish | Pizza with ham and cheese |
| FRUIT | Seasonal Fruit | | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit |
| Week 5 | | MONDAY 26 March | TUESDAY 27 March | WEDNESDAY 28 March | THURSDAY 29 March | FRIDAY 30 March |
| SALAD | Fresh mixed salads with yogurt balls | | Turnip,carrots and beet salad with honey | Tomato and cheese salad | Iceberg with cherry tomatoes and parmesan | |
| VEGETARIAN DISH | Zucchini Gratin | | Mish Mash | Bean stew | Pancake with mashed potatoes and spices | HOLIDAY |
| MAIN DISH WITH MEAT | Chicken with rice | | Chili con carne(beef) | Chicken Fajitas | 100 % Beef Burger with french fries | |
| FRUIT | Seasonal 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