



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



Week 1		TUESDAY 30 Apr		WEDNESDAY 01 May		THURSDAY 02 May		FRIDAY 03 May			
	gr/pc	BGN		gr/pc	BGN		gr/pc	BGN	gr/pc	BGN	
SOUP			Soup with barley and vegetables	300	1.70	Nettle soup	300	1.90	Boiled beef soup	300	1.50
SALAD 1			Village style Bulgarian salad	150	1.70	Snow white salad	150	1.70	Tomato with mozzarella and homemade pesto	150	1.90
SALAD 2			Tarama Caviar with toast (fish)	150	1.70	Shepherd's salad	150	1.70	Fresh salad with quinoa	150	1.70
VEGETARIAN DISH			Zucchini fritters with Thai sauce	300	3.10	Bread pudding with broccoli and cheese	300	3.10	Forest Patatnik	300	2.40
MAIN DISH WITH MEAT			Pork with rice	300	4.30	Potatoes with bacon, cream cheese and vegetables	300	4.40	Stuffed peppers with minced meat and rice (pork)	300	2.40
MAIN DISH WITH MEAT 2			Chicken Kavarma	300	4.30	Fish N Chips	300		Chicken with peas	300	4.00
DESSERT						Biscuit cake		1.80	Chocolate éclair		1.80
FRUIT			Seasonal Fruit		1.00	Seasonal Fruit		1.00	Seasonal Fruit		1.00
Week 2		MONDAY 06 May		TUESDAY 07 May		WEDNESDAY 08 May		THURSDAY 09 May		FRIDAY 10 May	
	gr/pc	BGN		gr/pc	BGN		gr/pc	BGN		gr/pc	BGN
SOUP			Borsch soup with beef meat	300	1.90	Potatoes and carrots cream soup	300	1.70	Italian vegetable soup with noodles	300	1.90
SALAD 1			Crudites salad (cucumbers, peppers, carrots)	150	1.70	Greek salad Santorini	150	1.70	Tomato salad with cheese	150	1.90
SALAD 2			Green salad with radishes, cucumbers and egg	150	1.70	Carrots and apples salad	150	1.70	Carrots and cabbage salad	150	1.70
VEGETARIAN DISH			Nettle with rice and mushrooms	300	3.10	Vegetarian Risotto	300	3.10	Cauliflower with yellow cheese	300	3.10
MAIN DISH WITH MEAT			Greek style Musaka (beef only)	300	4.40	Grilled salmon with garnish	300		Moussaka (pork)	300	2.40
MAIN DISH WITH MEAT 2			Meatballs with tomato sauce (pork)	300	4.20	Chicken Fajitas	300	4.40	Beef Stroganoff with steamed rice	300	2.40
DESSERT			Chocolate muffin		1.80	Yogurt with shaved chocolate		1.80	Charlotte with peach		1.80
FRUIT			Seasonal Fruit		1.00	Seasonal Fruit		1.00	Seasonal Fruit		1.00
Week 3		MONDAY 13 May		TUESDAY 14 May		WEDNESDAY 15 May		THURSDAY 16 May		FRIDAY 17 May	
	gr/pc	BGN		gr/pc	BGN		gr/pc	BGN		gr/pc	BGN
SOUP			Tarator	300	1.50	Chicken soup	300	1.90	Meatballs soup (pork)	300	1.70
SALAD 1			Mix of green and red salads with parmesan	150	1.70	Tomatoes and cucumbers	150	1.70	Salad with red bean, corn, potato and roasted pepper	150	1.70
SALAD 2			Mexican salad	150	1.70	Oven baked zucchini with yogurt sauce	150	1.70	Fresh spinach salad	150	1.80
VEGETARIAN DISH			Bulgarian mish mash	300	3.10	Vegetarian tart with cream cheese and vegetables	300	3.10	Zucchini with tomato sauce	300	3.10
MAIN DISH WITH MEAT			Lasagna Bolognese (beef)	300	4.40	Pork skewers with black and white rice	300	4.30	Chicken stew	300	4.30
MAIN DISH WITH MEAT 2			Roasted chicken fillet with potatoes	300	4.30	Oven baked small chicken legs and gravy sauce with garnish	300	4.20	Roasted pork fillet with garnish	300	4.40
DESSERT						Apple pie		1.80	Crème panacotta		1.80
FRUIT			Seasonal Fruit		1.00	Seasonal Fruit		1.00	Pancake with shaved chocolate and fruits		1.80
Week 4		MONDAY 20 May		TUESDAY 21 May		WEDNESDAY 22 May		THURSDAY 23 May		FRIDAY 24 May	
	gr/pc	BGN		gr/pc	BGN		gr/pc	BGN		gr/pc	BGN
SOUP			Potato cream soup	300	1.70	Spinach soup	300	1.70	Bean soup	300	1.70
SALAD 1			Roasted zucchini with tomato and cheese	150	1.70	Shopska salad	150	1.70	Cream soup of red lentil and string bean	300	1.70
SALAD 2			Iceberg with cherry tomato salad	150	1.70	Shopska salad	150	1.70	Salad of stuffed eggs	150	1.70
VEGETARIAN DISH			Pasta with tomato sauce	300	3.10	Vegetarian Pancake	300	3.10	Tomato, cucumber, cabbage and lettuce salad	150	1.80
MAIN DISH WITH MEAT			Chicken wings with garnish	300	4.20	Vegetarian Quesadilla	300	3.10	Oven baked Broccoli with yellow cheese	300	3.10
MAIN DISH WITH MEAT 2			Pork with rice	300	4.30	Shepherd's Pie (Beef)	300	4.40	Hot dog with potatoes	300	3.80
DESSERT						Catfish fillet with garnish		1.80	Schnitzel of minced meat and mashed vegetables (pork)		1.80
FRUIT			Seasonal Fruit		1.00	Chocolate Brownie		1.80	Grilled chicken meatballs with garnish		3.00
Week 5		MONDAY 27 May		TUESDAY 28 May		WEDNESDAY 29 May		THURSDAY 30 May		FRIDAY 31 May	
	gr/pc	BGN		gr/pc	BGN		gr/pc	BGN		gr/pc	BGN
SOUP			Chicken soup with curry	300	1.90	Lamb soup	300	1.90	Carrot cream soup with smoked cheese	300	1.90
SALAD 1			Salad of tomato and roasted pepper	150	1.70	Purre salad with roasted pepper	150	1.70	Fatush salad	150	1.70
SALAD 2			Bulgarian Keopoolu salad	150	1.70	Tomato and cucumbers salad	150	1.70	Crudites salad (cucumbers, peppers, carrots)	150	1.70
VEGETARIAN DISH			Stuffed peppers with bean	300	3.10	Vegetarian Curry	300	3.10	Potato gratin	300	3.10
MAIN DISH WITH MEAT			Chicken with sesame and garnish	300	4.30	Grilled Mackerel with garnish	300		100% Beef Burger with french fries	300	4.40
MAIN DISH WITH MEAT 2			Pork with spinach and rice	300	4.30	Crispy chicken with corn flakes and garnish	300	4.30	Vegetarian Pizza		2.40
DESSERT			Belgian mousse		1.80	Fruits salad with yogurt and bio honey		1.80	Meatlover's pizza		2.40
FRUIT			Seasonal Fruit		1.00	Seasonal Fruit		1.00	Cheese cake		1.80
									Seasonal fruits		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)