



**St. George International School  
June Menu 2018**

Date	Breakfast	10:00	Salad	Soup	Lunch	Desert	Afternoon snack
4.6.2018	Cous cous with butter and fetta cheese / tea	apple	Caprese salad / Salad with carrots cabbage	Chicken soup / Peas cream soup with mint and croutons	Musaka / Beef with three types of puree / Panagyurski eggs	Yogurt cream with chia and blueberries	Hungarian roll / yogurt drink
5.6.2018	Chiabata with philadelphia and turkey fillet / tea	pear	Koslo salad / Toamtoes with olives	Soup with mini meat balls / Vegetable soup	Chicken frikase / Grilled pork steak with steamed vegetables / Zucchini gratin	Fruit juice	Cake / milk
6.6.2018	Toasted sandwich with minced meat and cheese / tea	strawberries	Green salad with cucumbers and olives / Greek salad	Rabbit soup / Potato cream soup with melted cheese	Cabbage with pork meat / Chicken skewer with steamed carrots / Lentil	Panakota cream	Sandwich wit havocado and fetta cheese / cold tea
7.6.2018	Banitsa / Boza	banana	Tomatoes with fetta cheese / Argentine salad	Spinach soup	Tuna balls / White fish / Steamed potatoes with rosemary	Chocolate mousse	Eclairs / milk
8.6.2018	Sandwich with butter, cheese and tomato / tea	cherries	Italian salad / Tabule salad	Beef stew / Tarator	Pork wirh steamed broccoli / Chicken by the hunter recipe / Peppers stuffed with rice	Fruit salad	Biscuit cake / yogurt drink
11.6.2018	Star pasta with butter and fetta cheese/tea	apple	Mexican salad / Tzatziki salad	Pork soup/ Cauliflower cream soup with croutons	Stefani roll with mashed potatoes / Beef stew / енешку зювеч/ Risotto with vegetables	Yoghurt with strawberries	Sandwich with chutney and fetta cheese / tea
12.6.2018	Homemade banitsa/Yogurt drink	Apricot	Carrots salad / Katak with roasted pappers	Turkey soup / Dock soup	Chicken with tomato sauce / Pork schnitzel / potatoes / Vegetable musaka	Lemon cream	Strawberry rall / tea
13.6.2018	Sandwich with butter, pork fillet and cucumber / tea	strawberries	Venice salad / Tomatoes, cucumbers and fetta cheese	Soup with mini meat balls / Tomato soup	Rabbit stew / Breaded chicken bites / Steam brown rice / Breaded cheese	Semolina halva	Yogurt with fruits and biscotti / yogurt drink
14.6.2018	Slice of bread with butter and honey / tea	banana	Iceberg with tomatoes / Beans with chutney	Cream soup from roasted peppers and fetta cheese with croutons	Baked salmon / Sote potatoes / Fish pene	Fruit salad	Toasted sandwich with turkey fillet and cheese / tea
15.6.2018	Sandwich with egg pate and cucumber/tea	cherries	Shopska salad / Potato salad	Beef stew / Tarator	Pizza with tomato sauce, chicken, pickles, melted cheese, cheese / Peas with pork / Pizza with tomato sauce, mozzarella and cheese	Custard cream	Dark chocolate, yogurt, spelt and blueberries / yogurt drink
18.6.2018	Star pasta with butter and fetta cheese/tea	apple	Tzatziki salad / Mixed salad	Soup with mini meat balls / Milky soup	Pork wine kebab / Grilled chicken steak / Steamed baby potatoes / Chinese rice with egg	Panakota cream	Honey biscuits / yogurt drink
19.6.2018	Baked donuts / milk	Peach	Shepered salad / Tabule salad	Vegetable soup with pork meat/ Nettle soup	Chicken with cabbage / Beef stir / Baked cabbage	Yogurt cream with chia and strawberries	Pancake with chocolate / cold tea
20.6.2018	Sandwich with philadelphia, pork fillet, cucumber / tea	cherries	Salad with carrots with apple / Cesar salad	Beef stew / Minestore	Meat balls with white sauce / Baked pork meat with mashed potatoes / Peas stew with potatoes	Fruit salad	Biscuit cake / yogurt drink
21.6.2018	Toasted sandwich with egg and fetta cheese/tea	banana	Green salad with cucumbers / Roasted peppers with parsley	Tomato soup	Baked mackerel / potato with dill / P aella with fish	Chocolate mousse	Blueberry muffin / yogurt drink
22.6.2018	Chiabata with butter and mozzarella / tea	strawberries	Salad with spinach, tomatoes, quinoa / Argentine salad	Rabbit soup / Tarator	Fresh pasta with mini meat balls, tomato sauce and parmesan / Baked chicken legs with rice / Fresh pasta with basil, cherry tomatoes, parmesan and rucola	Fruit juice	Sandwich with egg and fetta cheese / tea
25.6.2018	European breakfast/tea	apple	Salad with quinoa, tomatoes and spinach / Shopska salad	Beef stew / Borsh	Peppers stuffed with rice and minced meat / Breaded chicken bites / Grilled vegetables / Potato croquettes with milk sauce	Panakota cream	Sandwich with chutney and fetta cheese / tea
26.6.2018	Homemade banitsa/Yogurt drink	Apricot	Green salad with radishes and egg / Carrot salad	Soup with mini meat balls / Carrot cream soup with croutons	Chicken stew with potatoes / Baked beef / Steamed wild rice / Zacchuni stuffed with rice	Yogurt cream with chia and blueberries	Fudge / tea
27.6.2018	Ciabatta with philadelphia cheese, chicken fillet and tomato / tea	cherries	Salad with bulglur and pesto / Iceberh with cucumbers and parmesan	Turkey soup / Spinach soup	Tsarigradski meat balls / Pork stew / Spinach roll with eggs and cream cheese	Fruit salad	Biscuit roll / milk
28.6.2018	Cereal with milk	banana	Salad with cabbage and carrots / Mixed salad	Bean soup	Grilled salmon / Steamed potatoes/ Fish croquettes	Lemon cream	Cheesecake with chopped yogurt, cream cheese / tea
29.6.2018	Toasted sandwich with minced meat / tea	Apricot	Katak with roated peppers / Salad with tomatoes and olives	Soup with mini meat balls / Tarator	Pork wirh rice and vegetable / Chicken gyros with dreen salad and mikly sauce / Gyros with vegetables	Custard cream	Pancake with melted cheese / cold tea

Note: All the products in the menu are under the regulations of specific requirements for the safety and quality of food offered in childcare. The bread, pasta and potato products are low in fat, salt and sugar. Fruits and vegetables are mostly fresh, preferably frozen and dried insted of sterilized before/ they have to be low in salt, sugar, fats, artificial colors and others. The natural juices are 100%. Jams and marmalades are more than 60% fruit content and less than 50% sugar content. The milk and yogurt have a fat content of 2% and in the other 3 to 3.6%. The meat and meat products must be free of visible tendons, fat and bones. The minced meat is beef or mix of beef and pork in the ratio 60/40. The chicken meat is without skin. Fish is preferable to be fresh intead of frozen, boneless, low in salt. The eggs are fresh, storage in cool. All products used for feeding children are under Bulgarian State Standards.