

St. George International School
July Menu 2018

Date	Breakfast	10:00	Salad	Soup	Lunch	Desert	Afternoon snack
2.7.2018	Cereal	apple	Caprese salad/Tzatziki salad	Beef stew / Cream soup	Tsarigradski meatballs / Baked cabbage with pork meat/ Peppers stuffed with fetta cheese	100% fruit juice	Honey cookies / milk
3.7.2018	Banitzza / yogurt drink	melon	Tomatoes with olives/Coleslaw salad	meatball soup / Yogurt and cucumber cold soup	Baked chicken with rice/ Cheese soufgle	Fruit salad	blueberry muffin / yogurt drink
4.7.2018	Chabata with butter, turkey fillet and cucumber / tea	nectarine	Green salad with cucumber and parmesan/ Greek salad	rabbit soup / Noodle soup	Beef with three type of puree/Meatballs with baby carrots/ Panagyurski eggs	Banana mousse	bread with pepper/tomato spread and feta / milk
5.7.2018	Warm egg and cheese sandwich / yogurt drink	water melon	Tomatoes with mozzarella/Argentinean salad	Vegetable soup	Breaded white fish/Potatoes	Chocolate mousse	spongecake with strawberries / ice tea
6.7.2018	Sandwich with philadelphia and cucumber / tea	apricots	Italian salad / Tabbouleh	Carrot and Cauliflower cream soup / chicken soup	Pork stew with potatoes/ Chicken skewer with brown rice/ Mish mash	Yogurt with chia and strawberries	coconut cake / yogurt drink
9.7.2018	Letter pasta with butter and cheese / tea	apple	Mexican salad/ Green salad with cucumbers and onion	Turkey soup /Yogurt and cucumber cold soup	Musaka /Viennese schnitzel with stewed vegetables/ Vegetable stew	icecream	biscuit cake / yogurt drink
10.7.2018	European breakfast / tea	melon	Carrots salad/ Yogurt with feta and roasted peppers	Rabbit soup / Cauliflower cream soup with croutons	Peas with pork/ Chinese rice	Fruit salad	Yogurt with fruits and bishkoti / milk
11.7.2018	Chabata with philadelphia turkey fillet and tomato / tea	nectarine	Venitian salad/grated salad with feta	Beef stew / Yogurt and cucumber cold soup	Chicken fricasse/ Stefani roll/ Zucchini balls with fetta cheese	Panacotta cream	Toasted sandwich with minced meat and cheese / milk
12.7.2018	Sandwich with butter, emental cheese and cucumber / tea	water melon	Iceberg and tomatoe/Beans with pepper/Tomato spread	Colourful garden soup	Baked salmon / Potatoes	Yogurt with chia and strawberries	Sweet banitsa / tea
13.6.2018	Baked donuts/ yogurt drink	apricots	Potato salad/ Shopska salad	Meatball soup / Cream vegetable soup	Pizza with tomatoe sauce, chicken, pickles, mozzarella and cheese/Beef kebab with rice/ Pizza with tomatoe sauce, sweet corn, pickles, mozzarella and cheese	Crème caramel	Sandwich with butter and blueberries jam / milk
16.7.2018	Cereal	apple	Mixed salad / Tabbouleh	Pork soup / Yogurt and cucumber cold soup	Pepers stuffed with minced meat and rice /Breaded chicken with rice/ Peppers stuffed with rice	Fruit salad	Sweets with dark chocolate, spelled, cream and blueberries / milk
17.7.2018	Sandwich with huney and butter / tea	melon	Sheppard's salad / Tzatziki	Beef stew / Spinach soup	Chicken fricasse/ Panagyurski eggs	Panacotta cream	Muffin with cheese / yogurt drink
18.7.2018	Chabata with melted cheese, pork fillet, tomato / tea	nectarine	Carrot and apple salad / Ceasar salad	Meatball soup / vegetable soup	Pork with green beans and yogurt/ Meatballs with potatoes /Bean stew	Fruit salad	Sweet roll / milk
19.7.2018	Banitsa / yogurt drink	water melon	Green salad with cucumber and dressing / Baked peppers with parsley	Cream vegetable soup	Tuna balls with potatoes and sweet corn/ steamed vegetables	Chocolate mousse	Pancake with chocolate / tea
20.7.2018	Toasted sandwich with egg and fetta cheese, tomato / tea	apricots	Shopska salad/ Colslaw	Meatball soup / Homemade soup with basil	Pork meat /mashed potatoes/Veal Potato balls with yogurt sauce	Yogurt with chia and strawberries	Cookies/ yogurt drink
23.7.2018	Cous cous with butter and fetta cheese / tea	apple	spinach, quinoa and tomato salad / Argentinian salad	Rabbit soup / Yogurt and cucumber cold soup	Chicken steak with potatoes/Veal ste/ Breaded cheese	Crème caramel	Sweet roll with jam /milk
24.7.2018	Toasted sandwich with egg and fetta cheese, tomato / tea	melon	Cabbage and carrot / shopska	Beef stew / Zuchinni cream soup	Cabbage with chicken/ Baked cabbage	Fruit salad	Pancake with apple cream / milk
25.7.2018	Chabata with egg pate, turkey fillet and tomato / tea	nectarine	green salad with radishes and egg / carrot salad	Turkey soup / Spinach soup	Breaded chicken bites with steamed zucchini/Pork with tomatoe sauce/ Spinach roll with eggs and cream cheese	100% fruit juice	Fudge / milk with cocoa
26.7.2018	Baked donuts/ yogurt drink	water melon	Bulgur, tomato and pesto / iceberg, cucumber and parmesean	Carrot soup	Grilled trout/ Potatoes with rosemary	Chocolate mousse	Sandwich with butter and honey / tea
27.6.2018	European breakfast / tea	apricots	Tzatziki / Potato salad	Chicken stew / Potato, thyme and parmesean soup	Spaghetti bolognese/Meat balls with white sauce/ Spaghetti with basil, cherry tomatoes, parmesan	Lemon cream	Sandwich with avocado cream / tea
30.7.2018	Cereal / milk	apple	mixed salad / cabbage and carrot	Chicken soup / Yogurt and cucumber cold soup	Shepred pie/ Baked rice with park meat/ Baked zucchini with rice	Panacotta cream	Sandwich with egg pate / yogurt drink
31.7.2018	Sandwich with chutney and fetta cheese / tea	melon	Yogurt with feta and roasted peppers / Tomatos and olives	Meatball soup / Lentile soup	Baked rice with chicken and spinach/ Breaded cheese	Yogurt with chia and strawberries	Banana cake / yogurt drink

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 instead 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 instead of frozen, boneless, low in salt. The eggs are fresh, storage in cool. All products used for feeding children are under Bulgarian State Standards.