

Saint George School International
Menu November 2018

date	morning breakfast	10h	salads	soups	lunch	desserts	afternoon breakfast
5.11.2018	Cereals with milk	apple	Venice salad/Tzaziki	Pork soup/ <i>Milk soup with vegetables</i>	Chirpanski meat balls/Chicken stewed steak/garnish rise <i>Baked vegetables with cheese</i>	baked apple	Salty muffin with cheese/tea/fruits
6.11.2018	Banitsa with cheese/yogurt drink	mandarina	Katuk with roasted pepper/Shepherd salad	Meatball soup/ <i>Potato and carrot vream soup with boiled egg/croutons</i>	Oven baked beans and prok /Beef stew <i>Zucchini souffle</i>	fruit salad	Pancake with chocolate/milk/fruits
7.11.2018	Ciabatta with philadelphia/pork fillet/ cucumber/tea	banana	Green salad with olives and egg/Garden salad	Beef stew <i>Potato soup</i>	Chicken with rice /Pork skewers with steamed vegetables/ <i>Oven baked omlette</i>	Yogurt cream with chiaand strawberries	Sandwich with cheese/cold tea
8.11.2018	Sandwich with butter and emental / tomato/tea	orange	Salad of beans and chutney/Roasted pepper/quinoa/avocado	Cauliflower cream soup/croutons	Oven baked salmon/oven baked potato/Fish with tomato sauce	vanilla cream	Biscuit cake/milk
9.11.2018	Sandwich with egg pate/tea	kiwi	Potato salad/Selska salad with cheese	Rabbit soup/ <i>Garden soup</i>	Pizza with tomato, chicken, pickles, mushrooms, yellow cheese and mozzarella/Pork with fresh cabbage <i>Pizza with tomatoes, mushrooms, pickles, yellow cheese and mozzarella</i>	caramel custard	Apple pie/fruit smoothie
12.11.2018	Macaroni with butter and fetta cheese/tea	apple	Tabouli salad/Green salad with yogurt	Soup with duck meat/ <i>Pea soup and mint/croutons</i>	Moussaka 100% minced meat/Chicken with mozzarella/Steamed brown rice <i>Shepherd stew</i>	milk with semolina	Muffins with carrots and/ чай/плодове
13.11.2018	Oven baked donuts/yogurt drink	mandarina	Salad of red and white cabbage/Shopska salad	Meatball soup/Tarator	Pork meat with peas/Con carne with beef/ <i>Mish mash</i>	fruit salad	Hungarian salad/tea/fruits
14.11.2018	Ciabatta with philadelphia, pork fillet, cucumber/tea	banana	Salad beetroot, turnips and carrots/Tzaziki salad	Turkey soup with vegetables/ <i>Vegetable soup</i>	Pork Goulash with mashed potatoes/Chicken with cous cous / <i>Stuffed potato with ricotta and spinach/</i>	baked apple	Biscuit cake /milk/fruits
15.11.2018	Sandwich with cheese and pork fillet/yogurt drink	pear	Argentinian salad/Green salad with turnip and cucumber	Zucchini cream soup and parmesan/ <i>крытому</i>	Grilled trout fillet/Pene with tomato pesto and fish/ <i>steamed potatoes with dill</i>	Pana cotta cream	Sandwich with cheese and chutney/cold tea/fruits
16.11.2018	Sandwich with cheese and pork fillet/tea	kiwi	Salad with chickpeas and roasted pepper/Potato salad with leek	Beef stew/ <i>Parsnip soup with blue cheese</i>	Lasagna "Carbonara"/ Chicken fricasse Lasagna with spinach, cheese and yellow cheese	roasted pumpkin	Cake with black chocolate, spelt, sour cream and cranberries / yogurt drink
19.11.2018	Stars with butter/cheese/tea	apple	Redena salad with cheese/Carrot and lemon salad	Turkey meat soup/ <i>Vegetable cream soup/croutons</i>	Chicken nuggets with sesame/steamed baby carrots/Nests of minced meat with tomato sauce/ <i>Meatballs of zucchini and cheese/milk sauce</i>	fruit salad	Honey biscuits/milk/fruits
20.11.2018z.	Banitsa with cheese/yogurt drink	mandarina	Tricolour salad/Shepherd salad	Rabbit salad/ <i>Tomato soup</i>	Chicken "Julienne" / steamed peas/Grilled meatballs with crispy potatoes/ <i>Breaded cheese</i>	baked apple	Biscuit roll/milk/fruits
20.11.2018	Ciabatta/turkey ham/cucumber/tea	banana	Iceberg salad,cucumber and parmesan/Caprese	Soup of pumpkin and chicken meat / <i>Pumpkin cream soup/croutons</i>	Grilled pork steak with vegetables/Beef kebab/ <i>Dobrudzha stew</i>	yogurt chia and strawberries	Apple pie/milk/fruits
20.11.2018	Sweet bread/milk	orange	Countryside salad/Katuk with roasted peppers	Lentil soup	Meatballs tuna with potatoes and corn/Paella with fish/steamed potatoes	choko mousse	Sandwich with avocado dip/cold tea/fruits
20.11.2018	Oven baked sandwich"Princesa" /tomato/tea	kiwi	Tzaziki/Potato salad	Meatball soup / <i>Soup melted cheese</i>	Veal with buckwheat /Gyros with chicken meat <i>Lentil stew</i>	pumpkin with milk	Pancake with jam/milk/fruits
26.11.2018	Couscous with butter and feta cheese/tea	apple	Tomato and mozzarella salad and dressing/Greek salad	Chicken soup/Milk soup with semolina	Stuffed peppers with minced meat and rice/Stewed veal with three types of puree/ <i>Garden moussaka</i>	fruit salad	Muffin with dried fruits/yogurt drink/fruits
27.11.2018	Oven baked donuts/milk	pear	Roasted peppers and tomatoes/Tricolour salad	Meatball soup/Tarator	Chicken fricasse/Wiener schnitzel/mashed potatoes/ <i>Bean stew</i>	milk with rice	Sandwich with yellow cheese/tea/fruits
28.11.2018	Ciabatta with milk pate/pork fillet/cucumber/tea	banana	Ayvar salad/Cauliflower salad	Rabbit meat soup/ <i>Minestrone</i>	Chicken stewer with baby carrots/Pork meat with peas/Zucchini roll	baked macaroni	Eclairs with milk cream/milk/fruits
29.11.2018	European breakfast/tea	orange	Salad with black beans spinach and corn/Iceberg with tomatoes	Broccoli cream soup/croutons	Roasted salmon with sweet potato puree/Penne with tomato pesto and fish	baked apple	Sandwich with cheese and chutney/tea