

Menu for the International Christian School of Vienna - Week 1

The Kulinario team wishes you a good appetite and a relaxing break!

Monday			
menu 1 	semolina dumpling soup (A,C,L), natural turkey breast, rosemary sauce (G,L), noodles (A), carrot salad, chocolate pudding (G)	706 42 g 17 g 94 g	calories protein fat carbohydrates
menu 2 	semolina dumpling soup (A,C,L), cauliflower cheese patty (A,C,G,N), herb dip (G), carrot mix (L), chocolate pudding (G)	724 23 g 40 g 65 g	calories protein fat carbohydrates
Tuesday			
menu 1 	corn cream soup, fish fingers (A,D), rice, peas, ketchup, seasonal fruit	632 26 g 19 g 88 g	calories protein fat carbohydrates
menu 2	corn cream soup, noodles with vegetables and parmesan (A,C,G), cucumber salad (O), seasonal fruit	558 26 g 26 g 55 g	calories protein fat carbohydrates
salad menu 	corn cream soup, noodle-egg-salad with curry and vegetables (A,C,G,M,O), bread (A,F,N), seasonal fruit	762 27 g 30 g 92 g	calories protein fat carbohydrates
Wednesday			
menu 1 	pea soup (A,G,L), schnitzel with bell pepper cream sauce (A,G,L), "spaetzle" (A,C), Chinese cabbage salad (O), chocolate cake (A,C,G)	857 46 g 34 g 91 g	calories protein fat carbohydrates
menu 2	pea soup (A,G,L), sweet poppyseed noodles ("Mohnnudeln") (A,C,G), apple sauce, chocolate cake (A,C,G)	997 20 g 36 g 146 g	calories protein fat carbohydrates
Thursday			
menu 1 	grated dough soup (A,C,L), grilled sausages, roasted potatoes, broccoli (L), granola bar strawberry-yogurt (A,G)	828 35 g 47 g 65 g	calories protein fat carbohydrates
menu 2 	grated dough soup (A,C,L), noodles with tomato sauce (A,C,G), parmesan (C,G), iceberg lettuce (O), granola bar strawberry-yogurt (A,G)	544 18 g 14 g 84 g	calories protein fat carbohydrates
Friday			
menu 1  	zucchini cream soup (A,G,L), potatoes with chicken strips and dip (G), roasted vegetables with pumpkin (L), apple	535 31 g 18 g 60 g	calories protein fat carbohydrates
menu 2	zucchini cream soup (A,G,L), spaetzle with egg (A,C,G), mixed salad (O), apple	685 26 g 30 g 77 g	calories protein fat carbohydrates

We reserve the right to make changes to the menu. Allergen information according to Codex recommendation:

1 = aspartame, A = cereals containing gluten, B = crustaceans, C = egg, D = fish, E = peanut, F = soy, G = milk or lactose, H = nuts, L = celery, M = mustard, N = sesame, O = sulphites, P = lupins, R = mollusks