

Menu for the International Christian School of Vienna - Week 2

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

Monday			
menu 1 	butter "nockerl" soup (A,C,G,L), ham cream sauce with spaetzle (A,C,G,L), Chinese cabbage salad (O), mandarin compote	590 23 g 20 g 77 g	calories protein fat carbohydrates
menu 2	butter "nockerl" soup (A,C,G,L), vegetable bread dumplings (A,C,F,G,L), cheese sauce (A,C,G,L), Chinese cabbage salad (O), mandarin compote	468 17 g 23 g 47 g	calories protein fat carbohydrates

Tuesday			
menu 1  	broccoli cream soup (A,G,L), lasagne (A,G,L), carrot salad, pear	774 31 g 33 g 87 g	calories protein fat carbohydrates
menu 2	broccoli cream soup (A,G,L), apple strudel (A,G), vanilla sauce (G), pear	673 13 g 19 g 110 g	calories protein fat carbohydrates
Salad menu	broccoli cream soup (A,G,L), apple spelled salad with walnuts / honey (A,G,H), bread (A,F,N), pear	436 13 g 7 g 79 g	calories protein fat carbohydrates

Wednesday			
menu 1 	baked pea soup (A,C,G,L), sliced chicken in herb cream (A,G,L), "spätzle" (A,C), peas, Swiss roll (A,C)	819 41 g 22 g 111 g	calories protein fat carbohydrates
menu 2 	baked pea soup (A,C,G,L), vegetable balls (C), parsley potatoes (G), sour cream dip (C,G,M), mixed salad (O), Swiss roll (A,C)	709 15 g 27 g 99 g	calories protein fat carbohydrates

Thursday			
menu 1 	noodle soup (A,C,L), Asian chicken wok (A,B,F,L), rice, iceberg lettuce (O), apple-elderflower-yogurt (G)	585 32 g 17 g 77 g	calories protein fat carbohydrates
menu 2	noodle soup (A,C,L), potato-strudel with carrots (A,C,G,N), herb-cream-sauce (A,G,L), iceberg lettuce (O), apple-elderflower-yogurt (G)	589 16 g 20 g 81 g	calories protein fat carbohydrates

Friday			
menu 1 	"Kaiserschöberl" soup (A,C,L), chicken wings (A,C,G), basmati rice, salad (O), homemade blueberry yogurt (G)	682 42 g 27 g 64 g	calories protein fat carbohydrates
menu 2 	"Kaiserschöberl" soup (A,C,L), "Schupfnudel" with cabbage (A,C,G,F), salad (O), homemade blueberry yogurt (G)	688 21 g 18 g 105 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