

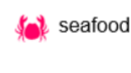
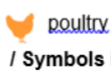
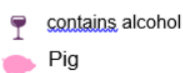
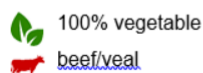
Menu for the International Christian School of Vienna - Week 3

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

Monday			
menu 1  	alphabet soup (A,L), minced roast (calf/beef) (A,C), roast sauce (G,L), mashed potatoes (G), carrot mix (L), curd cheese cake (A,C,G)	666 32 g 20 g 87 g	calories protein fat carbohydrates
menu 2 	alphabet soup (A,L), potato stew (A,G,L,O), seeded bread roll (A,F,N), iceberg lettuce (O), curd cheese cake (A,C,G)	565 16 g 11 g 98 g	calories protein fat carbohydrates
Tuesday			
menu 1 	leek cream soup (G), baked turkey schnitzel (A,C), lemon, rice, pole bean, banana	629 29 g 14 g 97 g	calories protein fat carbohydrates
menu 2 	leek cream soup (G), noodles (A), soy sugo (F,L), parmesan (C,G), mixed leaf lettuce (O), banana	597 21 g 16 g 93 g	calories protein fat carbohydrates
salad menu	leek cream soup (G), colourful noodle vegetable salad (A,G,O), bread (A,F,N), banana	664 18 g 14 g 117 g	calories protein fat carbohydrates
Wednesday			
menu 1	parsley cream soup (A,F,L), plum dumplings (A,C,G,H), fruit cocktail	548 8 g 19 g 81 g	calories protein fat carbohydrates
menu 2  	parsley cream soup (A,F,L), pizza with salami (A,G), iceberg lettuce (O), fruit cocktail	732 30 g 28 g 88 g	calories protein fat carbohydrates
Thursday			
menu 1 	egg clam soup (A,C,L), spaghetti carbonara (A,C,G,L), cucumber salad (O), stracciatella cream (F,G)	872 25 g 37 g 109 g	calories protein fat carbohydrates
menu 2  	egg clam soup (A,C,L), vegetarian gyros pan (A,F,L), rice, cucumber salad (O), stracciatella cream (F,G)	760 19 g 37 g 87 g	calories protein fat carbohydrates
Friday			
menu 1 	profiterole soup (A,C,L), fish & chips (A,D,G), ketchup, salad (O), chocolate pudding (G)	509 11 g 16 g 78 g	calories protein fat carbohydrates
menu 2	profiterole soup (A,C,L), Asian rice-pan (A,F,H), salad (O), chocolate pudding (G)	862 24 g 49 g 85 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



beef/veal

Pig

Wild

/ Symbols indicate the main course only