

Menu for the International Christian School of Vienna - Week 5

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

Monday			
menu 1 	parsley cream soup (A,G,L), Parisian schnitzel (chicken) (A,C), broccoli and cauliflower (L), basmati rice, seasonal fruit	634 42 g 24 g 61 g	calories protein fat carbohydrates
menu 2	parsley cream soup (A,G,L), jam crepes (A,C,G), pear compote, seasonal fruit	783 15 g 33 g 106 g	calories protein fat carbohydrates
Tuesday			
menu 1 	fried pancake soup (A,C,G,L), cevapcici (A,C,F,O), potato puree (G), peas, vanilla pudding (G)	970 38 g 61 g 65 g	calories protein fat carbohydrates
menu 2 	fried pancake soup (A,C,G,L), chili sin carne (F), bread roll (A,F) mixed leaf salad (O), vanilla pudding (G)	632 24 g 20 g 88 g	calories protein fat carbohydrates
salad menu 	fried pancake soup (A,C,G,L), taboulé (bulgur salad) (A,H), bread (A,F,N), vanilla pudding (G)	765 20 g 26 g 109 g	calories protein fat carbohydrates
Wednesday			
menu 1 	alphabet soup (A,L), fried turkey strips, cocktail sauce (C,G,M), soy vegetable rice (E,F,G), balisto (A,F,G)	704 34 g 32 g 69 g	calories protein fat carbohydrates
menu 2	alphabet soup (A,L), vegetable lasagne with mozzarella (A,G,L), salad (O), balisto (A,F,G)	666 21 g 27 g 81 g	calories protein fat carbohydrates
Thursday			
menu 1 	herb cream soup (A,G,L), turkey in cream sauce (A,G), vegetable (sheet) dumpling (A,C,F,G,L), iceberg lettuce with corn (O), pear poppy cake (A,C,G,H)	765 36 g 37 g 70 g	calories protein fat carbohydrates
menu 2	herb cream soup (A,G,L), spaetzle with cheese (A,C,G), fried onions (A), iceberg lettuce with corn (O), pear poppy cake (A,C,G,H)	924 31 g 41 g 106 g	calories protein fat carbohydrates
Friday			
menu 1 	"Kaiserschöberl" soup (A,C,L), baked fish filet (A,D), sauce tartare (C,M), salted potatoes, mixed leaf salad (O), apple	804 28 g 42 g 77 g	calories protein fat carbohydrates
menu 2 	"Kaiserschöberl" soup (A,C,L), tortellini with ricotta spinach filling (A,C,G), tomato sauce (C,G), mixed leaf salad (O), apple	561 19 g 15 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