

Menu for the International Christian School of Vienna - Week 6

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

Monday			
menu 1 	butter "nockerl" soup (A,C,G,L), Oriental seasoned chicken, millet with vegetables, lemon-herb-dip (C,G,M), Chinese cabbage salad (O), natural yoghurt (G)	648 45 g 26 g 57 g	calories protein fat carbohydrates
menu 2	butter "nockerl" soup (A,C,G,L), chickpea curry with vegetables (G,L), pita bread (A), Chinese cabbage salad (O), natural yoghurt (G)	352 17 g 16 g 35 g	calories protein fat carbohydrates
Tuesday			
menu 1  	fennel cream soup (A,G,L), noodles with minced meat (A,L), mixed leaf salad (O), seasonal fruit	534 27 g 21 g 53 g	calories protein fat carbohydrates
menu 2 	fennel cream soup (A,G,L), mini spring rolls (A,F,N), rice, BBQ sweet sour dip (A,F), mixed leaf salad (O), seasonal fruit	442 9 g 15 g 85 g	calories protein fat carbohydrates
salad menu	fennel cream soup (A,G,L), Mediterranean buckwheat salad (L,O), bread (A,F,N), seasonal fruit	578 17 g 15 g 92 g	calories protein fat carbohydrates
Wednesday			
menu 1 	noodle soup (A,L), chicken nuggets (A,C), rice with peas, ketchup, salad (O), chocolate pudding (G)	837 35 g 28 g 108 g	calories protein fat carbohydrates
menu 2 	noodle soup (A,L), vegetable balls (C), colourful vegetable mix (L), tzatziki (G,O), chocolate pudding (G)	433 14 g 14 g 60 g	calories protein fat carbohydrates
Thursday			
menu 1  	profiterole soup (A,C,L), lasagne (A,G,L), cucumber salad (O), marble cake (A,C,G)	1123 35 g 61 g 104 g	calories protein fat carbohydrates
menu 2	profiterole soup (A,C,L), roasted dumplings with egg (A,C,F,G), "Sauerkraut" (white cabbage) (L,O), cucumber salad (O), marble cake (A,C,G)	1072 35 g 60 g 94 g	calories protein fat carbohydrates
Friday			
menu 1  	carrot cream soup (A,G,L), red curry with chicken, rice, iceberg lettuce (O), seasonal fruit	565 28 g 25 g 55 g	calories protein fat carbohydrates
menu 2	carrot cream soup (A,G,L), nougat crepes (A,C,F,G,H), apple sauce, seasonal fruit	831 16 g 46 g 91 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



100% vegetable



contains alcohol



Fish



poultry



Garlic



lamb



seafood



beef/veal



Pig



Wild



/ Symbols indicate the main course only