








## Menu for the International Christian School of Vienna - Week 1



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

<b>Monday</b>			
menu 1 	semolina dumpling soup (A,C,L), natural turkey breast, natural sauce (L), farfalle noodles (A), carrot salad, cereal bar (A,E,G,H)	656 420 g 14 g 90 g	calories protein fat carbohydrates
menu 2	semolina dumpling soup (A,C,L), cauliflower cheese loaves (A,C,G,N), chives potatoes, herb dip (G), carrot salad, cereal bar (A,E,G,H)	758 23 g 33 g 89 g	calories protein fat carbohydrates

<b>Tuesday</b>			
menu 1 	parsley cream soup (A,G,L), fish fingers (A,D), rice, ketchup, peas, homemade blueberry yogurt (G)	622 27 g 19 g 83 g	calories protein fat carbohydrates
menu 2 	parsley cream soup (A,G,L), cabbage noodles (A), cucumber salad (O), homemade blueberry yogurt (G)	449 14 g 14 g 66 g	calories protein fat carbohydrates
salad menu 	Parsley cream soup (A,G,L), noodle-egg-salad with curry and vegetables (A,C,G,M,O), bread (A,F,N), homemade blueberry yogurt (G)	827 30 g 32 g 101 g	calories protein fat carbohydrates

<b>Wednesday</b>			
menu 1 	star soup (A,L), fried turkey "Schnitzel" (A,C), lemon slice, rice, Chinese cabbage salad (O), fruit	504 28 g 10 g 74 g	calories protein fat carbohydrates
menu 2	star soup (A,L), nut noodles (A,C,G,H), apple sauce, fruit	805 17 g 22 g 129 g	calories protein fat carbohydrates

<b>Thursday</b>			
menu 1 	grated dough soup (A,C,L), grilled sausages, fried potatoes, broccoli (L), carrot cake (A,C,G,H)	864 36 g 49 g 70 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), carrot cake (A,C,G,H)	580 19 g 16 g 88 g	calories protein fat carbohydrates

<b>Friday</b>			
menu 1  	corn cream soup, baked potatoes with chicken stripes and dip (G), Mediterranean vegetables, mixed salad (O), fruit salad	520 31 g 20 g 52 g	calories protein fat carbohydrates
menu 2	corn cream soup, spaetzle with egg (A,C,G), mixed salad (O), fruit salad	628 24 g 28 g 68 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