










## Menu for the International Christian School of Vienna - Week 2

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

<b>Monday</b>			
menu 1  	zucchini "schöberl" soup (A,C,L), lasagne (beef) (A,G,L), Chinese cabbage salad (O), fruit	630 30 g 31 g 56 g	calories protein fat carbohydrates
menu 2	zucchini "schöberl" soup (A,C,L), apple strudel (A,G), vanilla sauce (G), fruit	579 12 g 18 g 88 g	calories protein fat carbohydrates
<b>Tuesday</b>			
menu 1 	fried pancake soup (A,C,G,L), ham cream sauce with spaetzli (A,C,G,L), carrot salad, strawberry yogurt cereal bars (A,G)	719 24 g 25 g 98 g	calories protein fat carbohydrates
menu 2	fried pancake soup (A,C,G,L), vegetable bread dumpling (A,C,F,G,L), basil sauce (A,G,L), carrot salad, strawberry yogurt cereal bars (A,G)	557 17 g 23 g 69 g	calories protein fat carbohydrates
salad menu	fried pancake soup (A,C,G,L), taboulé salad (A,H), bread (A,F,N), strawberry yogurt cereal bars (A,G)	724 19 g 24 g 106 g	calories protein fat carbohydrates
<b>Wednesday</b>			
menu 1 	broccoli cream soup (A,G,L), sliced chicken in herb cream (A,G,L), spaetzle (A,C), broccoli (L), Swiss roll (A,C)	804 41 g 24 g 104 g	calories protein fat carbohydrates
menu 2 	broccoli cream soup (A,G,L), baked noodles with vegetables (A,C,G), mixed salad (O), Swiss roll (A,C)	753 25 g 27 g 101 g	calories protein fat carbohydrates
<b>Thursday</b>			
menu 1 	snack pearls soup (A,C,G,L), pineapple turkey curry (A,G,L), rice, iceberg lettuce (O), vanilla pudding (G)	674 31 g 23 g 85 g	calories protein fat carbohydrates
menu 2 	snack pearls soup (A,C,G,L), gnocchi with tomato sauce (A,C,G), parmesan (C,G), iceberg lettuce (O), vanilla pudding (G)	701 19 g 22 g 105 g	calories protein fat carbohydrates
<b>Friday</b>			
menu 1 	star soup (A,L), chicken wings (A,C,G), rice, salad (O), apple-elderflower-yogurt (G)	696 41 g 22 g 79 g	calories protein fat carbohydrates
menu 2 	star soup (A,L), vegetable balls (C), parsley potatoes (G), herb dip (G), salad (O), apple-elderflower-yogurt (G)	571 18 g 19 g 78 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