












## Menu for the International Christian School of Vienna - Week 3

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

<b>Monday</b>			
menu 1  	alphabet soup (A,L), minced roast (calf/beef) (A,C), roast sauce (G,L), mashed potatoes (G), carrot-apple-salad, fruit	520 28 g 19 g 58 g	calories protein fat carbohydrates
menu 2 	alphabet soup (A,L), spinach dumplings (A,C,F,G), cheese sauce (A,C,G,L), carrot-apple-salad, fruit	669 26 g 29 g 75 g	calories protein fat carbohydrates
<b>Tuesday</b>			
menu 1	leek cream soup (G), strawberry dumplings (A,C,G,H), peach compote, mango-yogurt-dessert (G)	854 29 g 30 g 114 g	calories protein fat carbohydrates
menu 2	leek cream soup (G), peanut curry (E), bulgur (A,G), mixed salad (O), mango-yogurt-dessert (G)	543 16 g 32 g 46 g	calories protein fat carbohydrates
salad menu	leek cream soup (G), colourful noddle-vegetable-salad (A,G,O), bread (A,F,N), mango-yogurt-dessert (G)	670 21 g 19 g 101 g	calories protein fat carbohydrates
<b>Wednesday</b>			
menu 1 	baking pea soup (A,C,G,L), bell pepper cream schnitzel (A,G,L), noodles (A), iceberg lettuce (O), fruit cocktail	629 38 g 28 g 55 g	calories protein fat carbohydrates
menu 2	baking pea soup (A,C,G,L), pizza Margherita (A,G), iceberg lettuce (O), fruit cocktail	656 24 g 22 g 88 g	calories protein fat carbohydrates
<b>Thursday</b>			
menu 1 	egg clam noodle soup (A,C,L), spaghetti carbonara (A,C,G,L), cucumber salad (O), apricot cake (A,C,G)	755 26 g 27 g 101 g	calories protein fat carbohydrates
menu 2  	egg clam noodle soup (A,C,L), vegetarian gyros pan (A,F,L), rice, cucumber salad (O), apricot cake (A,C,G)	561 19 g 20 g 76 g	calories protein fat carbohydrates
<b>Friday</b>			
menu 1 	grated dough soup (A,C,L), fish & chips (A,D,G), ketchup, salad (O), chocolate pudding (G)	742 14 g 29 g 104 g	calories protein fat carbohydrates
menu 2  	grated dough soup (A,C,L), Indian lentil dal (H,L), rice, salad (O), chocolate pudding (G)	934 29 g 36 g 121 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