

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  	tomato soup, noodles with minced meat (A,L), iceberg lettuce (O), donut (A,F,G)	774 30 g 34 g 80 g	calories protein fat carbohydrates
menu 2	tomato soup, zucchini moussaka (veggy) (A,F,G,L), iceberg lettuce (O), donut (A,F,G)	723 26 g 37 g 71 g	calories protein fat carbohydrates
Tuesday			
menu 1  	cheese cream soup (A,G,L), penne alla boscaiola with turkey ham (A,C,G) mixed leaf salad (O), blueberry crème (G)	738 27 g 42 g 63 g	calories protein fat carbohydrates
menu 2 	cheese cream soup (A,G,L), mini spring rolls (A,F,N), rice, peas, mixed leaf salad (O), blueberry crème (G)	685 21 g 33 g 92 g	calories protein fat carbohydrates
salad menu	cheese cream soup (A,G,L), Mediterranean buckwheat salad (L,O), bread (A,F,N), blueberry crème (G)	804 24 g 32 g 102 g	calories protein fat carbohydrates
Wednesday			
menu 1  	noodle soup (A,L), beef goulash (A), spaetzle (A,C), salad (O), chocolate pudding (G)	686 43 g 21 g 81 g	calories protein fat carbohydrates
menu 2	noodle soup (A,L), vegetable balls (C), parsley potatoes (G), curry-dip (C,G,M), chocolate pudding (G)	638 15 g 26 g 83 g	calories protein fat carbohydrates
Thursday			
menu 1 	profiterole soup (A,C,L), backed turkey schnitzel (A,C), rice, ketchup, cucumber salad (O), "Linzerstangerl" (A,C,F,G)	724 27 g 27 g 92 g	calories protein fat carbohydrates
menu 2	profiterole soup (A,C,L), roasted dumplings with egg (A,C,F,G), cucumber salad (O), "Linzerstangerl" (A,C,F,G)	767 28 g 41 g 69 g	calories protein fat carbohydrates
Friday			
menu 1  	fried pancake soup (A,C,G,L), red chicken curry, rice, iceberg lettuce (O), fruit	590 30 g 26 g 58 g	calories protein fat carbohydrates
menu 2	fried pancake soup (A,C,G,L), nougat crepes (A,C,F,G,H), pear sauce, fruit	847 18 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