








## Menu for the International Christian School of Vienna - Week 7


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

Monday			
menu 1 	egg clam noodle soup (A,C,L), chicken nuggets (A,C), mashed potatoes (G), ketchup, iceberg lettuce (O), fruit yoghurt (G)	743 33 g 28 g 86 g	calories protein fat carbohydrates
menu 2	egg clam noodle soup (A,C,L), filled potato rosti with cream cheese and broccoli (G), yogurt herb dip (G), iceberg lettuce (O), fruit yoghurt (G)	636 17 g 28 g 76 g	calories protein fat carbohydrates

Tuesday			
menu 1  	semolina dumpling soup (A,C,L), spare ribs, fried rice (L), mixed leaf salad (O), chocolate banana cereal bar (A,E,G)	779 39 g 37 g 72 g	calories protein fat carbohydrates
menu 2	semolina dumpling soup (A,C,L), noodles (A), cheese sauce (A,C,G,L), mixed leaf salad (O), chocolate banana cereal bar (A,E,G)	493 12 g 25 g 54 g	calories protein fat carbohydrates
salad menu	semolina dumpling soup (A,C,L), bulgur cucumber salad (A,G,O), bread (A,F,N), chocolate banana cereal bar (A,E,G)	574 15 g 16 g 91 g	calories protein fat carbohydrates

Wednesday			
menu 1  	cheese dumpling soup (A,C,G,L), meatballs with tomato sauce (A,C,G,L,M), salted potatoes, salad (O), fruit	521 25 g 25 g 47 g	calories protein fat carbohydrates
menu 2	cheese dumpling soup (A,C,G,L), vegetable paella, salad (O), fruit	397 13 g 17 g 48 g	calories protein fat carbohydrates

Thursday			
menu 1 	fried pancake soup (A,C,G,L), fried turkey "Schnitzel" (A,C), corn salad (O), chocolate coconut cake (A,C,G)	876 32 g 34 g 107 g	calories protein fat carbohydrates
menu 2 	fried pancake soup (A,C,G,L), vegetable schnitzel (A,C,G,L), parsley potatoes (G), sauce tartare (C,M), corn salad (O), chocolate coconut cake (A,C,G)	1197 21 g 71 g 113 g	calories protein fat carbohydrates

Friday			
menu 1 	butter dumpling soup (A,C,G,L), rice pudding (G), cherry ragout, fruit	567 15 g 16 g 89 g	calories protein fat carbohydrates
menu 2	butter dumpling soup (A,C,G,L), penne noodles (A), vegetable-tomato-sauce (L), mixed leaf lettuce (O), fruit	510 16 g 15 g 74 g	calories protein fat carbohydrates



**GUT ZU WISSEN!**

WIR VERWENDEN FOLGENDE PRODUKTE AUS ÖSTERREICH:

**Rind:** Österreich, 99%  
**Schwein:** Österreich, 97%  
**Geflügel:** Österreich, 90%  
**Milchprodukte:** Österreich, 98%  
**Flüssigei:** Österreich, 99%  
 Bodenhaltung

**GUT ZU WISSEN!**

**Rind:** EU, 1%  
**Schwein:** EU, 3%  
**Geflügel:** EU, 10%  
**Kalb:** Österreich, EU  
**Milchprodukte:** EU, 2%  
**Flüssigei:** EU, 1%

Fleisch: Österreich = 3 x AT (geboren/ gemästet/ geschlachtet)  
 Milch: Österreich = 2 x AT (gemolken/ verarbeitet)

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