

Menu for the International Christian School of Vienna - Week 2

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

Monday			
menu 1 	semolina ducat soup (A,C,G,L), ham cream sauce with spaetzle (A,C, G, L), Chinese cabbage salad (O), seasonal fruit	600 21 g 17 g 90 g	calories protein fat carbohydrates
menu 2 	semolina ducat soup (A,C,G,L), vegetable bread dumplings (A,C,F,G,L), cheese sauce (A,C,G,L), Chinese cabbage salad (O), seasonal fruit	537 16 g 24 g 61 g	calories protein fat carbohydrates
Tuesday			
menu 1  	broccoli cream soup (A,G,L), lasagne (A,G,L), carrot salad, strawberry yogurt cereal bars (A,G)	804 32 g 37 g 84 g	calories protein fat carbohydrates
menu 2	broccoli cream soup (A,G,L), apple strudel (A,G), vanilla sauce (G), strawberry yogurt cereal bars (A,G)	702 13 g 23 g 107 g	calories protein fat carbohydrates
Salad menu	broccoli cream soup (A,G,L), apple spelled salad with walnuts / honey (A,G,H), bread (A,F,N), strawberry yogurt cereal bars (A,G)	493 14 g 12 g 80 g	calories protein fat carbohydrates
Wednesday			
menu 1 	baked pea soup (A,C,G,L), sliced chicken in herb cream (A,G,L), spaetzli (A,C), peas, Swiss roll (A,C)	870 42 g 27 g 113 g	calories protein fat carbohydrates
menu 2 	baked pea soup (A,C,G,L), vegetable balls (C), parsley potatoes (G), sour cream dip (C,G,M), mixed salad (O), Swiss roll (A,C)	709 15 g 27 g 99 g	calories protein fat carbohydrates
Thursday			
menu 1 	noodle soup (A,C,L), Asian chicken wok (A,B,F,L), rice, banana	619 31 g 17 g 89 g	calories protein fat carbohydrates
menu 2	noodle soup (A,C,L), gnocchi with tomato sauce (A,C,G), parmesan (C,G), iceberg lettuce (O), banana	775 15 g 39 g 93 g	calories protein fat carbohydrates
Friday			
menu 1 	"Kaiserschöberl" soup (A,C,L), chicken wings (A,C,G), basmati rice, salad (O), cherry fruit yogurt (G)	770 45 g 30 g 75 g	calories protein fat carbohydrates
menu 2 	"Kaiserschöberl" soup (A,C,L), "Schupfnudel" with cabbage (A,C,G,F), salad (O), cherry fruit yogurt (G)	766 23 g 22 g 114 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