

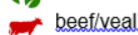
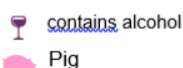
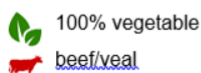
## Menu for the International Christian School of Vienna - Week 3

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

| <b>Monday</b>                                                                                                                                                                    |                                                                                                                                       |                              |                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------|---------------------------------------------|
| menu 1<br>      | alphabet soup (A,L), minced roast (calf/beef) (A,C), roast sauce (G,L), mashed potatoes (G), carrot mix (L), curd cheese cake (A,C,G) | 682<br>32 g<br>22 g<br>87 g  | calories<br>protein<br>fat<br>carbohydrates |
| menu 2<br>                                                                                       | alphabet soup (A,L), potato stew (A,G,L,O), seeded bread roll (A,F,N), iceberg lettuce (O), curd cheese cake (A,C,G)                  | 565<br>16 g<br>11 g<br>98 g  | calories<br>protein<br>fat<br>carbohydrates |
| <b>Tuesday</b>                                                                                                                                                                   |                                                                                                                                       |                              |                                             |
| menu 1<br>                                                                                       | leek cream soup (G), baked turkey schnitzel (A,C), lemon, rice, pole bean, banana                                                     | 629<br>29 g<br>14 g<br>97 g  | calories<br>protein<br>fat<br>carbohydrates |
| menu 2                                                                                                                                                                           | leek cream soup (G), curry with peanuts (E), bulgur (A,G), mixed leaf lettuce (O), banana                                             | 538<br>12 g<br>27 g<br>62 g  | calories<br>protein<br>fat<br>carbohydrates |
| salad menu                                                                                                                                                                       | leek cream soup (G), colourful noodle vegetable salad (A,G,O), bread (A,F,N), banana                                                  | 664<br>18 g<br>14 g<br>117 g | calories<br>protein<br>fat<br>carbohydrates |
| <b>Wednesday</b>                                                                                                                                                                 |                                                                                                                                       |                              |                                             |
| menu 1                                                                                                                                                                           | parsley cream soup (A,F,L), plum dumplings (A,C,G,H), fruit cocktail                                                                  | 452<br>7 g<br>17 g<br>65 g   | calories<br>protein<br>fat<br>carbohydrates |
| menu 2<br>                                                                                     | parsley cream soup (A,F,L), pizza with turkey ham (A,G), iceberg lettuce (O), fruit cocktail                                          | 677<br>32 g<br>22 g<br>85 g  | calories<br>protein<br>fat<br>carbohydrates |
| <b>Thursday</b>                                                                                                                                                                  |                                                                                                                                       |                              |                                             |
| menu 1<br>                                                                                     | egg clam soup (A,C,L), spaghetti carbonara (A,C,G,L), cucumber salad (O), stracciatella cream (F,G)                                   | 953<br>26 g<br>44 g<br>112 g | calories<br>protein<br>fat<br>carbohydrates |
| menu 2<br>  | egg clam soup (A,C,L), vegetarian gyros pan (A,F,L), rice, cucumber salad (O), stracciatella cream (F,G)                              | 760<br>19 g<br>37 g<br>87 g  | calories<br>protein<br>fat<br>carbohydrates |
| <b>Friday</b>                                                                                                                                                                    |                                                                                                                                       |                              |                                             |
| menu 1<br>                                                                                     | semolina ducat soup (A,C,G,L), fish & chips (A,D,G), ketchup, salad (O), chocolate pudding (G)                                        | 712<br>14 g<br>31 g<br>93 g  | calories<br>protein<br>fat<br>carbohydrates |
| menu 2<br>                                                                                     | semolina ducat soup (A,C,G,L), fried rice with Chinese vegetables (A,C,F,N), salad (O), chocolate pudding (G)                         | 723<br>20 g<br>31 g<br>90 g  | calories<br>protein<br>fat<br>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



/ Symbols indicate the main course only