

Menu for the International Christian School of Vienna - Week 4

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

Monday			
menu 1  	soup with choux pastry (A,C,L), chili con carne (L), bread roll (A,F), salad (O), pear puree	563 34 g 15 g 73 g	calories protein fat carbohydrates
menu 2	soup with choux pastry (A,C,L), spelt risotto with vegetables (A,G,L), salad (O), pear puree	407 11 g 12 g 62 g	calories protein fat carbohydrates

Tuesday			
menu 1 	semolina dumpling soup (A,C,L), noodles with ham (turkey) (A), corn salad with bell paprika (O), seasonal fruit	659 32 g 13 g 100 g	calories protein fat carbohydrates
menu 2 	semolina dumpling soup (A,C,L), potato patties, sour cream vegetable dip (C,G,M), corn salad with bell paprika (O), seasonal fruit	746 10 g 30 g 96 g	calories protein fat carbohydrates
salad menu 	semolina dumpling soup (A,C,L), Tuscan pasta salad (A,G,O), bread (A,F,N), seasonal fruit	848 29 g 28 g 116 g	calories protein fat carbohydrates

Wednesday			
menu 1 	star soup (A,L), natural chicken schnitzel (G), noodles (A), baby carrots (L), banana cake (A,C,G,H)	669 40 g 19 g 84 g	calories protein fat carbohydrates
menu 2	star soup (A,L), broccoli-cheese-nuggets (A,C,G), basmati rice, ketchup, salad (O), banana cake (A,C,G,H)	745 20 g 22 g 100 g	calories protein fat carbohydrates

Thursday			
menu 1 	zucchini cream soup (A,G,L), spaghetti bolognese (beef) (A,C,G,L), parmesan (C,G), iceberg lettuce (O), fruit yogurt (G)	598 29 g 22 g 68 g	calories protein fat carbohydrates
menu 2 	zucchini cream soup (A,G,L), Italian lentil stew (A,C,G,L), (sheet) dumpling (A,C,G), iceberg lettuce (O), fruit yogurt (G)	572 23 g 22 g 69 g	calories protein fat carbohydrates

Friday			
menu 1  	apple-celery-soup (A,G,L), meat balls in cream sauce (A,C,F,G,L,M,O), potato puree (G), lingonberry jam, zucchini-carrot-salad (O), seasonal fruit	732 23 g 29 g 92 g	calories protein fat carbohydrates
menu 2	apple-celery-soup (A,G,L), Austrian "Kaiserschmarren" (A,C,G), applesauce, seasonal fruit	849 18 g 27 g 128 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

/ Symbols indicate the main course only

 beef/veal

 Pig

 Wild