

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  	semolina ducat soup (A,C,G,L), oriental seasoned chicken, millet with vegetables, Chinese cabbage salad (O), natural yoghurt (G)	570 43 g 22 g 48 g	calories protein fat carbohydrates
menu 2	semolina ducat soup (A,C,G,L), chickpea curry with vegetables (G,L), pita bread (A), Chinese cabbage salad (O), natural yoghurt (G)	308 15 g 16 g 27 g	calories protein fat carbohydrates

Tuesday			
menu 1  	fennel cream soup (A,G,L), noodles with minced meat (A,L), mixed leaf salad (O), pear	617 27 g 21 g 73 g	calories protein fat carbohydrates
menu 2 	fennel cream soup (A,G,L), mini spring rolls (A,F,N), rice, BBQ sweet sour dip (A,F), mixed leaf salad (O), pear	525 10 g 15 g 105 g	calories protein fat carbohydrates
salad menu	fennel cream soup (A,G,L), Mediterranean buckwheat salad (L,O), bread (A,F,N), pear	662 18 g 15 g 112 g	calories protein fat carbohydrates

Wednesday			
menu 1 	noodle soup (A,C,L), chicken nuggets (A,C), rice with peas, ketchup, salad (O), chocolate pudding (G)	840 35 g 29 g 108 g	calories protein fat carbohydrates
menu 2 	noodle soup (A,C,L), red beetroot falafel balls, colourful vegetable mix (L), tzatziki (G,O), chocolate pudding (G)	596 16 g 32 g 56 g	calories protein fat carbohydrates

Thursday			
menu 1 	profiterole soup (A,C,L), lasagne (A,G,L), cucumber salad (O), "Linzerstangerl" (A,C,F,G)	859 30 g 44 g 84 g	calories protein fat carbohydrates
menu 2	profiterole soup (A,C,L), roasted dumplings with egg (A,C,F,G), "Sauerkraut" (white cabbage) (L,O), cucumber salad (O), "Linzerstangerl" (A,C,F,G)	808 30 g 43 g 74 g	calories protein fat carbohydrates

Friday			
menu 1  	carrot cream soup (A,C,G,L), red curry with chicken, rice, iceberg lettuce (O), seasonal fruit	657 28 g 25 g 76 g	calories protein fat carbohydrates
menu 2	carrot cream soup (A,C,G,L), nougat crepes (A,C,F,G,H), apple sauce, seasonal fruit	681 11 g 32 g 86 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