

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 soup (A,C,L), beef goulash (A), spaetzle (A,C), iceberg lettuce (O), fruit yoghurt (G)	655 43 g 20 g 74 g	calories protein fat carbohydrates
menu 2	egg clam soup (A,C,L), broccoli cheese strudel (A,C,G,L), chives sauce (G), iceberg lettuce (O), fruit yoghurt (G)	427 21 g 11 g 58 g	calories protein fat carbohydrates

Tuesday			
menu 1  	semolina dumpling soup (A,C,L), Asian chicken (A,F,L,M), fried rice (L), mixed leaf salad (O), chocolate banana cereal bar (A,E,G)	673 34 g 21 g 86 g	calories protein fat carbohydrates
menu 2 	semolina dumpling soup (A,C,L), pumpkin ravioli (A,C,G), parmesan (C,G), mixed leaf salad (O), chocolate banana cereal bar (A,E,G)	709 22 g 35 g 76 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), banana	627 26 g 25 g 74 g	calories protein fat carbohydrates
menu 2	cheese dumpling soup (A,C,G,L), potatoes and vegetable pan, yoghurt dip with herbs, salad (O), banana	450 15 g 15 g 65 g	calories protein fat carbohydrates

Thursday			
menu 1 	fried herb pancake soup (A,C,G,L), backed turkey schnitzel (A,C), vegetable rice, corn salad (O), chocolate cake (A,C,G)	862 31 g 31 g 114 g	calories protein fat carbohydrates
menu 2 	fried herb pancake soup (A,C,G,L), vegetable schnitzel (A,C,G,L), parsley potatoes (G), sauce tartare (C,M), corn salad (O), chocolate cake (A,C,G)	1207 20 g 68 g 124 g	calories protein fat carbohydrates

Friday			
menu 1  	apple celery soup (A,G,L), ham cream sauce with spaetzle (A,C,G,L), mixed leaf salad (O), applesauce	486 29 g 16 g 54 g	calories protein fat carbohydrates
menu 2	apple celery soup (A,G,L), milk rice (G), cherry ragout, applesauce	556 13 g 14 g 92 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