

MENU PLAN

vienna international school

3.2-7.2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Clear Soup
Rice & Peas

Clear Soup
with Vegetables

Clear Soup
with Tarhonya

Clear Soup
with Profiteroles

Clear Soup
Cheesecakes

xxx

xxx

xxx

xxx

xxx

MAIN DISH 1

Spaghetti Carbonara
with Parmesan
& Carrots (ELC)

BBQ Chicken
with Rice
& Zucchini (ELC)

Penne Noodles
with Tomato-Basil Sauce
Sweetcorn (ELC)


Beef Goulash
with Bread Roll
& Broccoli (ELC)

Chicken Schnitzel
with Rice
and Peas (ELC)



Kcal/BU

 748/4
xxx

351/3
xxx

 475/3
xxx

 485/4,5
xxx

 580/4,5 
xxx

MAIN DISH 2

Grilled Chicken Fillet
"Provencale"

Grilled Tilapia Fillet
with Lemon Sauce
and Potatoes

Stuffed Zucchini
with Spinach, Tomatoes
and Potatoes

Tasty Basil Chicken
on Tomato Ragout

Thai Red Beef Curry
with Veggie Noodles


Kcal/BU

with Potato Medallions
368/4
xxx

487/4
xxx

326/3
xxx

 n Tagliatelle
408/3
xxx

 342/2
xxx

**VEGETARIAN
ALTERNATIVE**

Mexican Bean Tacos
with Avocado Dip

Creamy Mushroom Sauce
with a Bread Dumpling

Broccoli "Gratin"
with Mozzarella



New Potato Sauté
with Veggies and Feta

Pumpkin Risotto
with Parmesan

Kcal/BU

 321/3

 725/5 

and Basil Dip
 438/3,5 

 321/2

 and Ruccola Salad
432/3

Our trained member of staff, Unit Manager Anrew Warren and his deputy Andi Wolf will be happy to inform you about allergens in our ingredients and products.

If you have any questions, please feel free to contact us under phone 0676-884 882 24 or mail andrew.warren@eurest.at



Contains Wheat



Contains Cow's Milk



Vegetarian

yummy😊

MENU PLAN

vienna international school

10.2-14.2 SOUP

MONDAY

Clear Soup
with Pasta Stars

xxx

TUESDAY

Clear Soup
Vegetables

xxx

WEDNESDAY

Clear Soup
with Sliced Pancakes

xxx

THURSDAY

Clear Soup
with Noodles

xxx

FRIDAY

Clear Soup
Baked Peas

xxx

MAIN DISH 1

Spaghetti Bolognese
with Parmesan
and Carrots (ELC)

Chicken Picatta
with Rice, Zucchini
and Leek Sauce (ELC)

Macherroni Noodles
with Tomato & Basil Sauce
and Green Beans (ELC)

Chicken Burger
with Coleslaw
& Potato Wedges (ELC)

Fish Fingers
with Rice
and Peas (ELC)

Kcal/BU



438/4,5

xxx

465/3

xxx



403/3

xxx



420/3

xxx



436/4

xxx



MAIN DISH 2

Chicken Tikka Masala
with Pilaw Rice
and Pita Bread

Deep Fried Calamari
with Parsley Potatoes
and Tartare Sauce

Sautéed New Potatoes
with Mushrooms
and Tomatoes

Grilled Dory Fillet
with Bulgur
and Saffron Sauce

Strips of Beef Fillet
"Stroganoff"
with Tagliatelle

Kcal/BU



351/3

xxx



408/3

xxx

326/3

xxx



491/3,5

xxx



351/2

xxx

VEGETARIAN

Baked Potato

Gratinated Hash Brown
with Leaf Spinach,
Tomatoes

Vegetable Coconut Curry
with Jasmin Rice

Fried Cheese Patties
with Cabbage Salad and Dip

Broccoli Canneloni
in Mascarpone Sauce

Kcal/BU



and Sour Cream

432/3



and Mozzarella

371/6,3



438/3,5



315/3



318/3



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EAT LEARN LIVE by Eurest

yummy😊

MENU PLAN

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**24.2-28.2
SOUP**

MONDAY

Clear Soup
with Baked Peas

xxx

MAIN DISH 1

Penne Noodles
with Tomato-Basil
Sauce

and Parmesan (ELC)

Kcal/BU



748/4

xxx

MAIN DISH 2

Chicken Gratinated
with Mozzarella &

served with Rice

Kcal/BU



396/2

xxx

**VEGETARIAN
ALTERNATIVE**

Potato Gratin
with Mushrooms

and Warm Herb Sauce

Kcal/BU



438/4

TUESDAY

Clear Soup
with Noodles

xxx

Chicken "Gyros"
with Rice

Veggie Mix (ELC)

459/4,5

xxx

Sweet and Sour Beef
with Bean Sprouts

and Egg Noodles



342/3

xxx

Gnocchi
with Tomato-Basil Sauce



432/3



WEDNESDAY

Clear Soup
with Rice

xxx

Maccheroni Noodles
with Veggie Sauce

and Green Beans (ELC)



384/2

xxx

Pumpkin Curry
with Rice

(Vegan)

400/3

xxx

Cous-Cous Sauté
with Tomatoes

and Snow Peas



438/3

THURSDAY

Clear Soup
with Profiteroles

xxx

Paprika Braised Beef
with Rice

& Peas (ELC)

420/4

xxx

Grilled Turkey Steak
with Mushroom Sauce

and Noodles



368/4

xxx

Vegatable Strudel
with Yoghurt Sauce

and Potatoes



400/5



FRIDAY

Clear Soup
with Vegetables

xxx

Chicken Nuggets
with Potatoes &

Peas (ELC)



459/4,5

xxx

Tilapia Fish Fillet
with Pepper Crust

and Vegetable Rice



456/4

xxx

Egg Fried Noodles
with Asian Vegetables

383/2,5



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