

yummy 😊

MENU PLAN

vienna international school

04.3-08.3

MONDAY

Clear Soup
with Baked Peas

xxx

MAIN DISH 1

Penne Carbonara
with Parmesan

and Carrots (ELC)



Kcal/BU

748/4

xxx

MAIN DISH 2

Chicken Gratinated
with Mozzarella

& Rice

Kcal/BU

396/2

xxx

VEGETARIAN ALTERNATIVE

Filled Hash Browns

with Cottage Cheese



Kcal/BU

& Salad

364/2

TUESDAY

Clear Soup
with Noodles

xxx

Mushroom Turkey Escalope
with Rice

and Sweetcorn (ELC)

465/3

xxx

Chili con Carne
with a Bread Roll



326/2

xxx

Potato Gratin with

Mushrooms & Herb Sauce



438/4



WEDNESDAY

Clear Soup
with Rice

xxx

Mozzarella Tortelloni
with Tomato-Basil Sauce

and Broccoli (ELC)



356/3,5

xxx

Sautéed Bread Dumplings
with Egg



Green Salad

439/4

xxx

Cous-Cous Sauté

with Tomatoes



& Snow Peas

438/3



THURSDAY

Clear Soup
with Profiteroles

xxx

Beef Goulash
with Bread Roll

& Brussel Sprouts (ELC)



685/4,5

xxx

BBQ Chicken
with Potato

& Roasted Veggies

610/0,9

xxx

Vegetable Spring Roll

& Spicy Wok Veggies



433/5



FRIDAY

Clear Soup
with Vegetables

xxx

Chicken Nuggets
with Rice &

Peas (ELC)



459/4,5

xxx

Tilapia Fish Fillet
with Pepper Crust

& Veggie Rice

456/4

xxx

Gratinated Cauliflower

with Cheese



and Salad

320/1



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

11.3-15.3
SOUP

MONDAY

Clear Soup
with Noodles

xxx

MAIN DISH 1

Spaghetti Bolognese
with Parmesan
and Peas (ELC)

Kcal/BU



415/4,5

xxx

MAIN DISH 2

Stir Fried Beef
with Kidney Beans,
Bell Peppers and Rice

Kcal/BU

368/1,2

xxx

**VEGETARIAN
ALTERNATIVE**

Sautéed Tenderwheat
with Mushrooms

Kcal/BU



and Zucchini
400/5



TUESDAY

Clear Soup
with Vegetables

xxx

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

465/3

xxx

Grilled Dory Fillet
on Leaf Spinach

with Salad

368/1,2

xxx

Gnocchi in Light
Lemon Sauce



with Parmesan
326/3,5



WEDNESDAY

Minestrone
"Milanese"

xxx

Italian Pasta Bake
with Tomato Sauce
and Salad (ELC)



439/4

xxx

Cheese
Wraps

with Salad



315/3

xxx

Tofu & Vegetable Patty
with Greek Tzatsiki



433/5

THURSDAY

Clear Soup
with Spinach Dumplings

xxx

Creamy Beef Strips
in Mushroom Sauce
& Mashed Potato (ELC)

735/3

xxx

Sautéed Vegetables
with New Potatoes

and Grilled Chicken

380/3,8

xxx

Risotto
with Bell Peppers



& Feta Cheese
329/2,4

FRIDAY

Clear Soup
with Baked Chick Peas

xxx

Deep Fried Dory Fillet
with Rice
Green Beans (ELC)



436/4

xxx

Beef Canneloni
with Tomato Sauce

& Parmesan



350/3

xxx

Kaiserschmarren
mit



Zwetschkenröster
480/4

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MENU PLAN

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18.3-22.3
SOUP

MAIN DISH 1

Kcal/BU

MAIN DISH 2

Kcal/BU

VEGETARIAN
ALTERNATIVE

Kcal/BU

MONDAY

Clear Soup
with Noodles

xxx

Beef Tortelloni
with Tomato-Basil Sauce
& Parmesan & Carrots
(ELC)



415/4,5

xxx

Chicken Biryani
with Saffron Rice
and Mango Chutney

384/2,7

xxx

Potato Dumplings
in Black Olive Pesto



400/5

TUESDAY

Clear Soup
with Vegetables

xxx

BBQ Chicken Fillet
with Roast New Potatoes
and Green Beans (ELC)

420/2

xxx

Tangy Beef Curry
"Thai Style"
with Egg Noodles



425/3

xxx

Lentil "Hotpot"
with Fresh Herbs



a Bread Roll

489/6

WEDNESDAY

Minestrone
"Milanese"

xxx

Pizza Napolitana
with Mozzarella



(ELC)

459/4,5

xxx

Vegetarian
Potato Goulash
with a Bread Roll



415/4

xxx

Marrocan Cous-Cous
with Parmesan



321/3

THURSDAY

Clear Soup
with Spinach Dumplings

xxx

"Schinkenfleckerl"
Pasta and Turkey Ham
with Cucumber Salad



530/5

xxx

Deep Fried Calamari
with Parsley Potatoes
and Dip



408/3

xxx

Spinach & Feta Strudel
with Yoghurt Sauce



329/2,4

FRIDAY

Clear Soup
with Baked Chick Peas

xxx

Chicken Nuggets
with Rice
and Peas (ELC)



459/4,5

xxx

Grilled Tilapia Fillet
in Curry Sauce
with Pilaw Rice

368/4

xxx

Sautéed Cottage Cheese
"Ravioli"



356/3,5



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**25.3-29.3
SOUP**

MONDAY

Clear Soup
with Pasta Stars

xxx

MAIN DISH 1

Spaghetti Bolognese
with Parmesan

and Peas (ELC)

Kcal/BU



415/4,5

xxx

MAIN DISH 2

Chicken Tikka Masala
with Pilaw Rice
and Pita Bread

Kcal/BU



351/3

xxx

**VEGETARIAN
ALTERNATIVE**

Falafel with Hummus
and Dip

Kcal/BU



315/3

TUESDAY

Clear Soup
Vegetables

xxx

Paprika Chicken
with Rice

and Carrots (ELC)

420/3

xxx

Cheese & Turkey Ham
Wraps
with Salad



420/4

xxx

Stuffed Zucchini
with Spinach and Feta

& Herb Potatoes



391/5

WEDNESDAY

Clear Soup
Cheesecakes

xxx

Penne Noodles
with Veggie Sauce

and Broccoli (ELC)



437/3

xxx

Carrot & Leek Soufflé
with Fresh Basil
and Crispy Salad

578/5

xxx

Vegetable Nuggets
with Boiled Potatoes



and Dip

321/3

THURSDAY

Clear Soup
with Sliced Pancakes

xxx

Beef Burger
with Coleslaw

& Potato Wedges (ELC)



420/3

xxx

Thai Red Chicken Curry
with
Vegetable Egg Noodles

396/2

xxx

Bean Hotpot
in Taco Shells



with Dip

394/2,5

FRIDAY

Clear Soup
Wholemeal Croutons

xxx

Chicken Schnitzel
with Rice

and Peas (ELC)



580/4,5

xxx

Boiled Beef
with Hash Browns
and Pumpkin

645/3,5

xxx

Broccoli "Gratin"
with Mozzarella



and Basil Dip

438/3,5



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