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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Clear Beef Soup Cheese Dumpling A,C,G,L 	Chicken Soup Noodles, Chives A,C,L 	Clear Beef Soup Carrots Dumplings A,C,F,G,L 	Clear Chicken Soup Spinach Tortelloni A,L 	Minestrone Genovese L
<b>CREAM SOUP</b>	Fennel Cream Soup (Vegan) L,O	Mushroom Cream Soup A,F,G,L	Carrot and Coconut Soup L	Cream Parsley & Pear Soup L	Cauliflower Chili Soup Baked Peas A,L
<b>MAIN DISH 1</b>	Mac n' Cheese Cucumber Salad A,C,G,M,O	Beef Goulash Dumplings, Brussel Sprouts A,C,G,O ELC - GRADE 1 	Mixed Grill Baked Potato, Chive Sauce C,G ELC - GRADE 1 	Pasta Flakes with Ham Sour Cream-Garlic Dip Salad A,C,G ELC - GRADE 1 	Viennese Fried Chicken Risi - Bisi A,C,G ELC - GRADE 1 
<b>MAIN DISH 2</b>	Pumpkin Curry Basmati Rice L,M,O 	Turkey Cutlet Buttered Potatoes and Peas A,C,G 	"Lab Nua" Ground Beef Egg Fried Rice A,C,F,N 	Pork Loin Steaks Spinach, Penne Tricolore A,C,F,G,H,O 	Fried Tilapia Fish Filet Basmati Rice D,F,G,L 
<b>VEGETARIAN ALTERNATIVE</b>	"Planted" Falafel Patties Hummus & Curried Rice A,L,N,O 	Falafel & Hummus Pita Bread A,N 	Planted Smoked Tofu Carrot Puree, Le Puy Lins (Vegan) F,L,M,N,O 	"Butter Turka Dal" Lentil Curry, Mini Potatoes G	Planted Vietnamese Chicken Lemon Rice (Vegan) A,F,N 
<b>BOWLS</b>	"Pesto Bowl" Lentils, Broccoli, Cherry Tomatoes A,F,N 	"Couscous Bowl" Okra in Red Sauce Falafel A 	"Good Life Bowl" Lettuce, Red Cabbage - Pear Salad Brown Rice A,H,M,O 	"Veggie Pesto Bowl" Broccoli, Arugula Croutons, Pesto A,C,G,O	"Buddha Bowl" Fried Curry - Cauliflower Carrot Sticks, Red Cabbage Egg C,M,N
<b>DESSERT</b>	Chocolate Coconut Cake A,C,F,G,H	Day and Night Pudding A,C,G	Swiss Roll A,C,G	Apple Cinnamon Compote	Sacher Cake A,C,F,G,H
<p>A: Cereals containing gluten, B: Crustaceans, C: Eggs, D: Fish, E: Peanuts, F: Soybeans, G: Milk, H: Nuts, L: Celery, M: Mustards, N: Sesame, O: Sulphur dioxide and sulphites, P: Lupin, R: Molluscs And products thereof</p> <div>  Powered by Plants Vegan            Beef            Pork            Beef &amp; Pork            Poultry            Fish         </div>					
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# MENU PLAN VIENNA INTERNATIONAL SCHOOL 09.09.2023 bis 13.09.2024





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Clear Vegetable Soup Brown Rice, Peas L 	Beef Soup Baked Peas, Chives A,C,G,L 	Clear Chicken Soup Pancake Strips A,C,G,L 	Clear Beef Soup Rice L 	Clear Vegetable Soup Veggies L 
<b>CREAM SOUP</b>	Broccoli Cream Soup (Vegan) 	Tomato Cream Soup F,L 	Pumpkin Soup F,L 	Corn Chowder G	Garlic Cream Soup L 
<b>MAIN DISH 1</b>	Pappardelle Veggie Ragout A,C,L	Pasta Horns with Ground Beef Salad A,C ELC - GRADE 1 	Spaghetti Bolognese Fresh Carrots, Grana A,C,L ELC - GRADE 1 	Beef Lasagne Salad, Yoghurt Dressing A,C,G,L,M,O ELC - GRADE 1 	Fried Calamari Risi - Bisi A,R ELC - GRADE 1
<b>MAIN DISH 2</b>	Broccoli Strudel Buttered Potatoes Sour Cream,- Herb Dip A,C,F,G,M	Pork Cutlet Potato Salad, Basmati Rice A,C,M 	Cevapcici Onion Mustard, Dollar Chips A,M 	Berner Sausages Onion Mustard, Steakhouse Fries G,M 	Bread Dumpling Ham & Mushroom Sauce A,C,G,L,O 
<b>VEGETARIAN ALTERNATIVE</b>	"Planted" Falafel Patties Hummus & Curried Rice A,M,N 	"Chili con Planted" Cous-Cous A,M 	Planted "Chicken" Channa Basmati Rice (Vegan) A 	Planted Vegetarian Wrap Guacamole Dip A,G,H,N,O	Pumpkin Curry Pita Bread (Vegan) A,N 
<b>BOWLS</b>	Pesto Bowl Spring Rolls, Broccoli Cherry Tomatoes A,H,M,O 	Momen Food "Couscous Bowl" Okra in Red Sauce Falafel A 	"Good Life Bowl" Lettuce, Red Cabbage - Pear Salad Brown Rice A,H,M,O 	"Veggie Pesto Bowl" Broccoli, Arugula Croutons, Pesto A,C,G,O	"Buddha Bowl" Fried Curry - Cauliflower Carrot Sticks, Red Cabbage Egg C,M,N
<b>DESSERT</b>	Chocolate Coconut Cake A,C,F,G,H	Vanilla Pudding G	Marbled Roll A,C,G	Mandarine Compote 	Chocolate Cake A,C,F,G,H
<p>A: Cereals containing gluten, B: Crustaceans, C: Eggs, D: Fish, E: Peanuts, F: Soybeans, G: Milk, H: Nuts, L: Celery, M: Mustards, N: Sesame, O: Sulphur dioxide and sulphites, P: Lupin, R: Molluscs</p> <p>And products thereof</p> <div>  Powered by Plants Vegan              Beef              Pork              Beef &amp; Pork              Poultry              Fish         </div>					
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Clear Beef Soup Cheese Dumpling A,C,G,L 	Chicken Soup Noodles, Chives A,C,L 	Clear Beef Soup Carrots, Dumplings A,C,F,G,L 	Clear Chicken Soup Spinach Tortelloni A,L 	Minestrone Genovese L 
<b>CREAM SOUP</b>	Fennel Cream Soup (Vegan) L,O 	Mushroom Cream Soup A,F,G,L	Carrot and Coconut Soup L 	Cream Parsley & Pear Soup L 	Cauliflower Chili Soup Baked Peas A,C,G,L
<b>MAIN DISH 1</b>	Mac n' Cheese Cucumber Salad A,C,G,M,O	Beef Goulash Dumplings, Brussel Sprouts A,C,G,O ELC - GRADE 1 	Mixed Grill Baked Potato, Chive Sauce C,G ELC - GRADE 1 	Pasta Flakes with Ham Sour Cream- Garlic Dip Salad A,C,G ELC - GRADE 1 	Viennese Fried Chicken Risi - Bisi A,C,G ELC - GRADE 1 
<b>MAIN DISH 2</b>	Pumpkin Curry Basmati Rice L,M,O 	Turkey Cutlet Buttered Potatoes and Peas A,C,G 	"Lab Nua" Ground Beef Egg Fried Rice A,C,F,N 	Pork Loin Steaks Spinach, Penne Tricolore A,C,F,G,H,O 	Fried Tilapia Fish Filet Basmati Rice D,F,G,L 
<b>VEGETARIAN ALTERNATIVE</b>	"Planted" Falafel Patties Hummus & Curried Rice A,L,N,O 	Falafel & Hummus Pita Bread A,N 	Planted Smoked Tofu Carrot Puree, Le Puy Lins (Vegan) F,L,M,N,O 	"Butter Turka Dal" Lentil Curry, Mini Portatoes G	Planted Vietnamese Chicken Lemon Rice (Vegan) A,F,N 
<b>BOWLS</b>	"Pesto Bowl" Lentils, Broccoli Cherry Tomatoes A,F,N 	Momen Food "Couscous Bowl" Okra in Red Sauce Falafel A 	"Good Life Bowl" Lettuce, Red Cabbage - Pear Salad Brown Rice A,H,M,O 	"Veggie Pesto Bowl" Broccoli, Arugula CROUTONS, Pesto A,C,G,O	"Buddha Bowl" Fried Curry - Cauliflower Carrot Sticks, Red Cabbage Egg C,M,N
<b>DESSERT</b>	Chocolate Coconut Cake A,C,F,G,H	Day and Night Pudding A,C,G	Swiss Roll A,C,G	Apple Cinnamon Compote 	Sacher Cake A,C,F,G,H
<p>A: Cereals containing gluten, B: Crustaceans, C: Eggs, D: Fish, E: Peanuts, F: Soybeans, G: Milk, H: Nuts, L: Celery, M: Mustards, N: Sesame, O: Sulphur dioxide and sulphites, P: Lupin, R: Molluscs And products thereof</p> <div>  Powered by Plants Vegan  Beef  Pork  Beef &amp; Pork  Poultry  Fish </div>					
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# MENU PLAN VIENNA INTERNATIONAL SCHOOL 23.09.2024 bis 27.09.2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Clear Vegetable Soup Brown Rice, Peas L 	Beef Soup Baked Peas, Chives A,C,G,L 	Clear Chicken Soup Pancake Strips A,C,G,L 	Clear Beef Soup Rice L 	
<b>CREAM SOUP</b>	Broccoli Cream Soup (Vegan) 	Tomato Cream Soup F,L 	Pumpkin Soup F,L 	Corn Chowder G	
<b>MAIN DISH 1</b>	Pappardelle Veggie Ragout A,C,L	Pasta Horns with Ground Beef Salad A,C ELC - GRADE 1 	Beef Lasagne Mixed Salad A,C,F,G,L,M,O ELC - GRADE 1 	Spaghetti Bolognese Fresh Carrots, Grana A,C,L ELC - GRADE 1 	SCHOOL HOLIDAY
<b>MAIN DISH 2</b>	Broccoli Strudel Buttered Potatoes Sour Cream - Herb Dip A,C,F,G,M	Pork Cutlet Potato Salad, Basmati Rice A,C,M 	Cevapcici Onion Mustard, Dollar Chips A,M 	Berner Sausages Onion Mustard, Steakhouse Fries G,M 	NO SCHOOL
<b>VEGETARIAN ALTERNATIVE</b>	"Planted" Falafel Patties, Hummus & Curried Rice A,M,N 	"Chili con Planted" Cous-Cous A,M 	Planted "Chicken" Channa Basmati Rice (Vegan) A 	Planted Vegetarian Wrap Guacamole Dip A,G,H,N,O	
<b>BOWLS</b>	Pesto Bowl Spring Rolls, Broccoli Cherry Tomatoes A,H,M,O 	Momon Food "Couscous Bowl" Okra in Red Sauce Falafel A 	"Good Life Bowl" Lettuce, Red Cabbage - Pear Salad Brown Rice A,H,M,O 	"Veggie Pesto Bowl" Broccoli, Arugula Croutons, Pesto A,C,G,O	
<b>DESSERT</b>	Chocolate Coconut Cake A,C,F,G,H	Vanilla Pudding G	Marbled Roll A,C,G	Mandarine Compote 	
<p>A: Cereals containing gluten, B: Crustaceans, C: Eggs, D: Fish, E: Peanuts, F: Soybeans, G: Milk, H: Nuts, L: Celery, M: Mustards, N: Sesame, O: Sulphur dioxide and sulphites, P: Lupin, R: Molluscs And products thereof</p> <div>  Powered by Plants Vegan  Beef  Pork  Beef &amp; Pork  Poultry  Fish </div>					
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