

# MENU PLAN VIENNA INTERNATIONAL SCHOOL

30.09.2024

BIS

04.10.2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Clear vegetable soup with semolina dumplings and chives Allergens A,C,L	Clear beef soup with fried dough perfs Allergens A,C,G,L	Clear chicken soup with Tyrolean dumpling Allergens A,C,G,L	Clear beef soup with profiteroles Allergens A,C,L	Clear chicken soup with sliced pancake strips Allergens A,C,G,L
CREAM SOUP	Vegan lentil soup with garlic croutons Allergens A,L	Cauliflower - lemon soup Allergen L	Garlic - spinach cream soup Allergens A,F,L	Carrot - sweet potato soup Allergen L	Herb cream soup with rye bread strips Allergens A,F,L,N
MAIN DISH 1	Moroccan vegetables with couscous   chickpeas Allergen A ELC - GRADE 1	Minced beef patties with natural gravy   mashed potatoes fresh market vegetables Allergens A,C,G,L,M ELC - GRADE 1	Grilled chicken breast with basil butter   penne arrabiata   broccoli Allergens A,G ELC - GRADE 1	Roast turkey breast with mushroom sauce   fried bread dumpling Allergens A,C,G,O ELC - GRADE 1	Viennese beef goulash with homemade dumplings Allergens A,C,G ELC - GRADE 1
MAIN DISH 2	Creamed spinach with scrambled eggs   roasted potatoes Allergens A,C,G	Breaded chicken schnitzel with cornflake panade   parsley potatoes Allergens A,C,G	Cevapcici with herb butter   Djuvec rice   Ajvar Allergens G,M	Boiled smoked meat with mashed potatoes   sweet peas Allergens G,L,M,O	Penne al Salmone with roasted pine nuts   sun-dried tomatoes Allergens A,C,G,L
VEGETARIAN ALTERNATIVE	Potato and corn gratin with pesto beans Allergen G	"Penne con peperoncini" Italian durum wheat pasta with garlic   red bell peppers   extra-vergine olive oil Allergens A,C,F,G,M	Banana and Vegetable Stir-Fry with lime rice Allergen O	Fried Tofu with vegetable curry   pineapple rice Allergens F,N	Grilled zucchini slices with chermoula   olive - tomato couscous Allergen A
BOWLS	"Buddha Bowl" Fried plantains   black beans broccoli   carrot sticks   Chicory Chia seeds No major allergens	MOMEN "Hummus Pumpkin Bowl" Hummus   Shawarma   baked pumpkin nuggets chickpea salad   Chili Harissa   Tahina Baba Ghanousch   Zaatar Allergens A,H,N	"Good Life Bowl" black quinoa   green beans   radicchio pear   Radish No major allergens	"Vital Bowl" chick peas   baby spinach   tomatoes couscous   cucumber   carrots   Hummus   Ras-el-hanout Allergens A,F,N	"Chicken Pesto Parm Bowl" chicken fillet   broccoli   cherry tomatoes Za'atar bread crumbs   warm Quiona field salad   Pesto-Vinaigrette Allergens C,G,O
DESSERT	Apple cake Allergens A,C,G	Apricot crumble cake Allergens A,C,G	Cherry cake Allergens A,C,G	Apple - cinnamon compote No major allergens	Day and night pudding Allergens A,C,G

Allergen Information: A: 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



Our trained member of staff, Unit Manager Alexander Gadringer and his deputy Stefan Nagy 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 +43676/884 882 24 or mail andrew.warren@eurest.at. This plan is subject to change and availability.

HERE YOU EAT REALLY FRESH

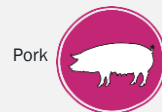
# MENU PLAN VIENNA INTERNATIONAL SCHOOL

07.10.2024  
TO  
11.10.2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Clear Vegetable Soup with Pita Croutons  Allergen A	Clear Chicken Soup with Noodles  Allergens A,C,L	Clear Beef Soup with fried Dough Perls  Allergens A,C,G,L	Clear Chicken Soup with Root Vegetable Strips  Allergen L	Clear Beef Soup with Liver Dumplings  Allergens A,L
<b>CREAM SOUP</b>	Yellow Turnip Cream Soup  Allergen L	Fennel - Apple Cream Soup  Allergen L	Carrot - Coconut Soup with Pineapple Pieces  Allergens F,L	Tomato - Basil Soup with White Beans  Allergen L	Celery Cream Soup with Ciabatta Croutons  Allergens A,L
<b>MAIN DISH 1</b>	Spaghetti with Lemon Sauce   grilled Zucchini Slices  Allergen A ELC - GRADE 1	Chili con Carne with oven-roasted Baby Potatoes  Allergens F,M ELC - GRADE 1	Fried Turkey Schnitzel with Parsley Potatoes  Allergens A,C,G ELC - GRADE 1	Chicken Ragout "Zurich Style" with Herb Rice  Allergens L,O ELC - GRADE 1	Beef Strips "Hunter Style" with Fettuccine  Allergens A,G,L ELC - GRADE 1
<b>MAIN DISH 2</b>	Homemade Egg Dumplings with fried Onions   Chives  Allergens A,C,G	Pork Chop with Djuvec Rice   Ajvar  No major Allergens	"Rauchkuchknödel" Dumplings filled with Sausage and Bacon with Cabbage   Juniper Sauce  Allergens A,C,G,L	Cordon Bleu of Pork with French Fries  Allergens A,C,G	Fried Fillet of Hake with mashed Potatoes   Broccoli Florets  Allergens D,G,O
<b>VEGETARIAN ALTERNATIVE</b>	Grilled Vegetables with Chimichurri  No major Allergens	Cantonese Vegetable Stir-Fry with Egg Fried Rice  Allergens A,C,F,N	Lentil Stew with Leeks   Root Vegetables   fried Sweet Potato Cubes  Allergen L	Tomato Gnocchi with sautéed Zucchini Cubes   Balsamic Shallots Olive - Herb Oil  Allergens A,C,G,O	Fried Emmental Cheese with Cress Potatoes   Tartar Sauce  Allergens A,C,G,M,O
<b>BOWLS</b>	"Buddha Bowl" Fried Curry - Cauliflower   Carrot Sticks   Tahina Goji Berries   Red Cabbage  Allergen N	MOMEN "Fajita" Chicken or Mushrooms in Tortilla with Mozzarella with Potatoes   Muhammara Harissa   Avocado Hummus  Allergens A,C,G,H	"Good Life Bowl" Pearl Barley   Red Beans   Baby Chard Mango   Sesame  Allergens A,N	"Vital Bowl" Green Beans   Radicchio   Pear Radishes   Black Quinoa  No major Allergens	"Energy Bowl" Water Melon   grilled Bell Pepper   dried Apricots Romana Salad   Hummus  No major Allergens
<b>DESSERT</b>	Marble Cake  Allergens A,C,G	Vanilla Pudding  Allergen G	Currant Cake  Allergens A,C,G	Chocolate - Pear Cake  Allergens A,C,G	Mandarin - Orange Compote  No major Allergens

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