

# MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 16.03.2026	Tuesday 17.03.2026	Wednesday 18.03.2026	Thursday 19.03.2026	Friday 20.03.2026
eat soup I	Beef soup with pasta stars and chive (B) (a, c) Energie p.P. 54 kcal	Clear vegetable soup with "Schöberl" and chive (V) (a, c, i) Energie p.P. 125 kcal	Clear vegetable soup with egg (V) (c, i) Energie p.P. 81 kcal	Chicken soup with sliced pancakes and chive (C) (a, c, i) Energie p.P. 60 kcal	Clear vegetable soup with spinach dumpling (V) (a, c, i, n) Energie p.P. 145 kcal
eat soup II	Cream soup of celleriac with croutons (V) (a, c, i, k) Energie p.P. 172 kcal	Veggie lentil cream soup (VN) (a, k, n) Energie p.P. 98 kcal	Wild garlic cream soup (V) (i, n) Energie p.P. 160 kcal	Carrot cream soup with croutons (V) (a, c, i) Energie p.P. 223 kcal	Coconut cauliflower soup with spinach (VN) Energie p.P. 195 kcal
eat from the favorites	Potatoe fritters with chive dip and salad garnish (V) (i, n) Energie p.P. 156 kcal	 Beef stew "Stroganoff" with champignon and tagliatelle (B) (a, c, i, k, l, n)  Energie p.P. 587 kcal	 Chicken Schnitzel with cornflakes coating, rice and lemon slice (C) (a, c) Energie p.P. 714 kcal	 "Schinkenfleckerl" with cream, wild garlic and small side salad (C) (a, i, n) Energie p.P. 672 kcal	 Chicken stew in paprika sauce with spätzle (C) (a, c, i) Energie p.P. 736 kcal
eat from the heart	One pot pasta with lentils and mushrooms (V) (a, c, i, k) Energie p.P. 487 kcal	 Egyptian bean casserole with pita bread (VN) (a, m, n) Energie p.P. 509 kcal	 Potatoe noodles with vegetables and sunflower seeds (V) (a, c, i) Energie p.P. 508 kcal	 Potato lentil patties with vegetables and yogurt dip (V) (i, k, n) Energie p.P. 376 kcal	 Fried rice with vegetables and crispy tempeh (V) (a, c, h, m, n)  Energie p.P. 591 kcal
eat from the adventure	Stri fried broccoli with tofu rice (VN) (a, h, m) Energie p.P. 474 kcal	 Chicken with leek, avocado dip and potatoes (C) (i) Energie p.P. 412 kcal	Roasted chicken leg with vegetable cous cous (C) (a, i) Energie p.P. 830 kcal	Asian fried noodles with chicken and vegetables (C) (a, h, k, m) Energie p.P. 524 kcal	Salmon patties on a Provençal vegetable medley (F) (c, k, l, n)  Energie p.P. 381 kcal

## MIX & MATCH - YOUR TASTE. YOUR BODY. YOUR BOWL.

Build the bowl that suits your lifestyle.

eat dessert	Cheesecake with blueberrys (V) (c, i) Energie p.P. 193 kcal	Chocolate cake (V) (a, c, h, i, j) Energie p.P. 278 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 137 kcal	Yoghurt with fruity apricot puree (V) (i) Energie p.P. 91 kcal	Poppy seed strudel (V) (a, c, i) Energie p.P. 0 kcal
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### Contact information:

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c/o Vienna International School  
Straße der Menschenrechte 1  
1220 Vienna

Mail: vis.catering.oss.at@sodexo.com

### Food Allergens

a - Cereals containing gluten \*  
b - Crustaceans \*  
c - Eggs \*  
d - Fish \*  
e - Peanuts \*  
h - Soybeans \*  
i - Milk \*

\*and products thereof

j - Nuts \*  
k - Celery \*  
l - Mustard \*  
m - Sesame seeds \*  
n - Sulphur dioxide and sulphites \*  
o - Lupin \*  
p - Molluscs \*

### Menu labelling

 Vegetarian meals

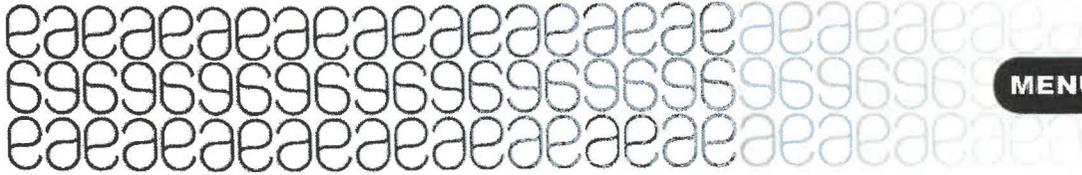
 Vegan meals

 ELC - Grade 1

 Pork

 MSC-certified fish  
MSC-C-54115

(P) Pork  
(B) Beef  
(C) Chicken  
(T) Turkey  
(F) Fish



**MENU PLAN VIENNA INTERNATIONAL SCHOOL**



	Monday 23.03.2026	Tuesday 24.03.2026	Wednesday 25.03.2026	Thursday 26.03.2026	Friday 27.03.2026
eat soup I	Clear vegetable soup with cheese dumpling and chive (V) (a, c, i) Energie p.P. 139 kcal	Clear vegetable soup with wild garlic pancake stripes and chive (V) (a, c, i) Energie p.P. 140 kcal	Chicken soup with noodles and chive (C) (a, c) Energie p.P. 46 kcal	Clear vegetables soup with semolina strudel (V) (a, c, h, i) Energie p.P. 176 kcal	Clear vegetable soup with rice noodles (V) Energie p.P. 71 kcal
eat soup II	Spinach soup (V) (a, c, i) Energie p.P. 168 kcal	Creamy mushroom soup (V) (a, c, h, i, n) Energie p.P. 295 kcal	Creamy italian hard cheese (Grana Padano) soup (V) (a, c, i) Energie p.P. 209 kcal	Cucumber dill soup (V) (i, n) Energie p.P. 136 kcal	Potato soup with chive (V) (k) Energie p.P. 95 kcal
eat from the favorites	Pasta e ceci with tomato and chickpeas ragout (VN) (a) Energie p.P. 480 kcal	Chicken rice pilaw with small side salad (C) (a, n) Energie p.P. 661 kcal	Chicken gyros with veggies and rice (C) (i, n) Energie p.P. 401 kcal	Spaghetti bolognese with fresh grana cheese (B) (a, c, i, k, n) Energie p.P. 628 kcal	Fish fingers with parsley potatoes and sauce tartare (F) (a, c, d, i, l) Energie p.P. 414 kcal
eat from the heart	Pulled planted poke bowl with avocado and sweet soja dip (VN) (a, h, m, n) Energie p.P. 774 kcal	Spinach-oat patties with selleriac puree (V) (a, c, i, k) Energie p.P. 486 kcal	Vegetable frittata with salad and yogurt dip (V) (c, i, n) Energie p.P. 719 kcal	Vegetable patties with salad and dill-yogurt (V) (a, c, i, k, n) Energie p.P. 206 kcal	Celleriac sesam schnitzel with potato and lambs lettuce (V) (a, c, k, l, m) Energie p.P. 746 kcal
eat from the adventure	Cous cous stuffed bell pepper with herbal dip (V) (a, c, i, k) Energie p.P. 560 kcal	Baked potato with corn-salsa and grilled chicken stripes (C) Energie p.P. 493 kcal	Mediterranean cous cous salad with veggies, olives and chickpeas (VN) (a, m) Energie p.P. 420 kcal	Veggie köttbullar with rice noodles and tzatziki (V) (c, i, n) Energie p.P. 274 kcal	Chicken breast topped with tomato and mozzarella served with creamy polenta (C) (a, c, i) Energie p.P. 651 kcal

**MIX & MATCH**

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eat dessert	Berry cake (V) Energie p.P. 301 kcal	Vanilla pudding with whipped cream (V) (l) Energie p.P. 161 kcal	Assorted fresh fruit basket with seasonal fruit* Energie p.P. 82 kcal	Chia Pudding with mango pulp (VN) (h) Energie p.P. 65 kcal	Cherry - vanilla cake (V) (a, c, i) Energie p.P. 348 kcal
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