



MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 06.04.2026	Tuesday 07.04.2026	Wednesday 08.04.2026	Thursday 09.04.2026	Friday 10.04.2026
eat soup I		Clear veggie soup with cheese "Schöberl" and chive (V) (a, c, i) Energie p.P. 125 kcal	Beef soup with ABC letters and chive (B) (a, c) Energie p.P. 52 kcal	Chicken soup with sliced pancakes and chives (C) (a, c, i) Energie p.P. 50 kcal	Clear veggie soup with tomato croutons (V) (a, c, i) Energie p.P. 148 kcal
eat soup II		Green asparagus soup (V) (i) Energie p.P. 134 kcal	Cream of kohlrabi soup (V) (a, i, n) Energie p.P. 142 kcal	French bean soup with dill (V) (a, i, n) Energie p.P. 160 kcal	Vegetable polenta soup (V) (a, i, k) Energie p.P. 222 kcal
eat from the favorites		Minced beef pasta with small side salad (B) (a, c, n) Energie p.P. 613 kcal	Chicken piccata milanese with tomato sauce and spaghetti noodles (C) (a, c, i, n) Energie p.P. 750 kcal	Boild beef brisket with vegetables and parsley potatoes (B) (k) Energie p.P. 583 kcal	Deep fried perch fillet with potato salad and lemon (F) (a, c, d, l) Energie p.P. 929 kcal
eat from the heart		Green Thai-curry with vegetables and jasmin rice (VN) (h) Energie p.P. 524 kcal	Mexican vegetable enchilada with dip and salad garnish (V) (a, i, k) Energie p.P. 817 kcal	Chana masala with cauliflower, chickpeas and basmati rice (VN) (h) Energie p.P. 468 kcal	Penne "Pomodoro" with basil and grana cheese (V) (a, c, i, k) Energie p.P. 522 kcal
eat from the adventure		Lamb curry with oriental cous cous (X) (a, i, n) Energie p.P. 542 kcal	Brown Rice & Vegetable Stir-Fry with Sautéed Chicken Strips (C) (i, k) Energie p.P. 392 kcal	Vegetarian moussaka with tzatziki (V) (c, h, i, n) Energie p.P. 349 kcal	Gratinated chicken breast with spinach and feta served with fusilli (C) (a, c, i, j) Energie p.P. 552 kcal

MIX & MATCH - DEIN GESCHMACK. DEIN KÖRPER. DEINE BOWL.

Stelle dir die Bowl zusammen, die zu deinem Lebensstil passt.

eat dessert	Cherry crumble cake (V) Energie p.P. 300 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 184 kcal	Assorted fresh fruit basket with seasonal fruit (VN) (n) Energie p.P. 77 kcal	Creamy curd pudding with blueberries (V) (h, i) Energie p.P. 100 kcal
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Kontaktinformationen:

Sodexo Service Solutions Austria GmbH
c/o Vienna International School
Straße der Menschenrechte 1
1220 Wien

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

Allergene Kennzeichnung:

- a - enthält glutenhaltiges Getreide*
- b - enthält Krebstiere*
- c - enthält Eier*
- d - enthält Fische*
- e - enthält Erdnüsse*
- h - enthält Sojabohnen*
- i - enthält Milch*
- j - enthält Schalenfrüchte*
- k - enthält Sellerie*
- l - enthält Senf*
- m - enthält Sesamsamen*
- n - enthält Schwefeldioxid und Sulfite*
- o - enthält Lupinen*
- p - enthält Weichtiere*

*und daraus gewonnene Erzeugnisse

Kennzeichnung der Speisekarte

- vegetarische Gerichte (S) Schwein (R) Rind (G) Geflügel (F) Fisch
- vegane Gerichte
- ELC - Grade 1
- Schwein
- MSC-zertifizierte Fische MSC-C-54115



MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 13.04.2026	Tuesday 14.04.2026	Wednesday 15.04.2026	Thursday 16.04.2026	Friday 17.04.2026
eat soup I	Beef soup with pasta stars and chive (B) (a, c) Energie p.P. 54 kcal	Clear soup with "Backerbsen" (V) (a, c, i) Energie p.P. 91 kcal	Clear soup with semolina dumplings and chive (V) (a, c, i) Energie p.P. 66 kcal	Chicken soup with herbal toast and chive (V) (a, c, i) Energie p.P. 1908 kcal	Clear cauliflower soup (VN) Energie p.P. 94 kcal
eat soup II	Cream soup of leek (V) (a, i, n) Energie p.P. 171 kcal	Potato cream soup with mushrooms (V) (i, k, n) Energie p.P. 128 kcal	Asparagus soup with wild garlic (V) (a, i) Energie p.P. 253 kcal	Cream soup of broccoli with croutons (V) (a, c, i, n) Energie p.P. 205 kcal	Vegetable cream soup (V) (i, k) Energie p.P. 140 kcal
eat from the favorites	Vegetable lasagne with tomato sauce and fresh basil (V) (a, i, k, n) Energie p.P. 462 kcal	Cevapcici with potato wedges and mustard (P) (a, c, h, l) Energie p.P. 653 kcal	Deep fried turkey schnitzel with rispisi and lemon (T) (a, c, i) Energie p.P. 784 kcal	Tiroler Gröstl - Tyrolean one pot with potato and beef (B) (c, k, n) Energie p.P. 637 kcal	Chicken stew with carrots and rice (C) (a, i, n) Energie p.P. 611 kcal
eat from the heart	Pasta, with peas, feta and salad (V) (a, h, i, k, n) Energie p.P. 643 kcal	Deep fried champignons with parsley potatoes and sauce tartare (V) (a, c, i, l) Energie p.P. 509 kcal	Chinese noodles with teriyaki vegetables and crispy tofu (VN) (a, h, m) Energie p.P. 431 kcal	Vegetable chick peas tajine with cous cous (VN) (a, k, n) Energie p.P. 334 kcal	Penne with rucola-lemon pesto and tomatoes (V) (a) Energie p.P. 708 kcal
eat from the adventure	Chili sin carne with "zack" organic tempeh and roll (VN) (a, h, n) Energie p.P. 524 kcal	Fried rice with chicken, egg and vegetables (C) (a, c, h, m, n) Energie p.P. 571 kcal	Pumpkin coconut curry with basmati rice (VN) (j) Energie p.P. 466 kcal	Turkey steak with mustard sauce, green veggies and fusilli (T) (a, k, l, n) Energie p.P. 589 kcal	Fish goulash with cat fish and "Spätzle" (F) (a, c, d, i) Energie p.P. 530 kcal

MIX & MATCH

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eat dessert	Plum crumble cake (V) (a, c) Energie p.P. 212 kcal	Lime curd creme (V) (i) Energie p.P. 12'16 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 184 kcal	Swiss roll (V) (a, c) Energie p.P. 0 kcal	Apple compote (VN) (n) Energie p.P. 93 kcal
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Kennzeichnung der Speisekarte

vegetarische Gerichte (S) Schwein
 vegane Gerichte (R) Rind
 ELC - Grade 1 (G) Geflügel
 Schwein (F) Fisch
 MSC-zertifizierte Fische
MSC-C-54115



MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 20.04.2026	Tuesday 21.04.2026	Wednesday 22.04.2026	Thursday 23.04.2026	Friday 24.04.2026
eat soup I	Clear vegetable soup with mussel noodles and chives (V) (a, c) Energie p.P. 95 kcal	Clear vegetable soup with spinach-cheese dumplings and chives (V) (a, c, i) Energie p.P. 137 kcal	Clear vegetable soup with homemade noodles fresh chives (a, c, i) Energie p.P. 147 kcal	Clear chicken soup with mushroom croutons and chives (G) (a, c, i) Energie p.P. 98 kcal	Clear beef broth with meat strudel and chives (R) (a, c) Energie p.P. 77 kcal
eat soup II	Radish cream soup with fresh parsley (VN) (k) Energie p.P. 168 kcal	Millet soup with broccoli and carrots (VN) (k) Energie p.P. 105 kcal	Sweet potato soup with chili and coconut milk (VN) (k) Energie p.P. 240 kcal	Tomato-ginger soup with croutons (VN) (a, c, i) Energie p.P. 75 kcal	Pea cream soup (V) (a, i) Energie p.P. 140 kcal
eat from the favorites	Planted goulash with fusilli pasta (VN) (a, n) Energie p.P. 574 kcal	Pasta with turkey ham and small side salad (T) (a, c, n) Energie p.P. 572 kcal	Chicken cordon bleu with parsley potatoes and lemon (C) (a, c, i) Energie p.P. 712 kcal	Grilled chicken breast on spring vegetables with wedges and chili dip (C) (a, c, i, l, n) Energie p.P. 687 kcal	Grilled trout fillet with herb butter, vegetables, and parsley potatoes (F) (a, d, i) Energie p.P. 605 kcal
eat from the heart	Spring roll with vegetables, basmati rice, and sweet chili dip (VN) (a, e, h, m) Energie p.P. 686 kcal	Cauliflower Trio with Pomegranate Seeds and Spinach (V) (a, h, k) Energie p.P. 347 kcal	Grilled green asparagus with potato dumplings and pumpkin seed vinaigrette (V) (a, c, h, i, k, m, n) Energie p.P. 923 kcal	Cheese spaetzle with crispy fried onions and a small side salad (V) (a, c, i, n) Energie p.P. 938 kcal	Bulgur-quinoa vegetable mix with feta (V) (a, h, k, n) Energie p.P. 361 kcal
eat from the adventure	Pointed white Cabbage with Pineapple Salsa and Pecans (VN) (k) Energie p.P. 438 kcal	Red Thai chicken curry with jasmine rice and fresh cilantro (C) (d) Energie p.P. 513 kcal	Homemade mushroom lasagna with salad garnish and chive dip (P) (a, i, k, n) Energie p.P. 585 kcal	Tarte Flambée with Chickpea Cream, Two Types of Radish, and Fig (VN) (a, k, m, n) Energie p.P. 829 kcal	Meat tortellini with fruity tomato sauce, fresh basil, and Grana cheese (B) (a, c, i, n) Energie p.P. 735 kcal

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eat dessert	Mandarin crumble cake (V) (a) Energie p.P. 161 kcal	Yogurt with peaches (V) (i) Energie p.P. 162 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 82 kcal	Chia pudding with strawberry sauce (VN) (h) Energie p.P. 69 kcal	Chocolate cream cake (V) (a, c, h, i, j) Energie p.P. 278 kcal
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