

MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 27.04.2026	Tuesday 28.04.2026	Wednesday 29.04.2026	Thursday 30.04.2026	Friday 01.05.2026
eat soup I	Beef soup with pasta stars and chive (B) (a, c) Energie p.P. 54 kcal	Vegetable soup with "Schöberl" and chives (V) (a, c, i) Energie p.P. 125 kcal	Vegetable soup with egg and chives (V) (c, i) Energie p.P. 81 kcal	Chicken soup with pancake stripes (C) (a, c, i) Energie p.P. 60 kcal	
eat soup II	Celery cream soup with croutons and chive (V) (a, c, i, k) Energie p.P. 172 kcal	Vegetable lentil cream soup (VN) (a, k, n) Energie p.P. 98 kcal	Wild garlic cream soup (V) (i, n) Energie p.P. 160 kcal	Creamy carrot soup with croutons (V) (a, c, i) Energie p.P. 223 kcal	
eat from the favorites	Baked potato with spinach and sour cream (V) (i) Energie p.P. 413 kcal	Chicken goulash with sptäzle (C) (a, c, i) Energie p.P. 736 kcal	Chicken schnitzel with rice and slice of lemon (C) (a, c) Energie p.P. 714 kcal	"Schinkenfleckerl" gratinated pasta with turkey ham and small salad (T) (a, c, i, n) Energie p.P. 650 kcal	
eat from the heart	Pasta with lentils and mushrooms (V) (a, c, i, k) Energie p.P. 487 kcal	Egyptian bean stew with flatbread (VN) (a, m) Energie p.P. 432 kcal	Potatoe noodles with vegetables and sunflower seeds (V) (a, c, i) Energie p.P. 508 kcal	Lentil patties with vegetables and dip (V) (i, k, n) Energie p.P. 376 kcal	
eat from the adventure	Broccoli asian style with stir fried vegetables and rice (VN) (a, h, m) Energie p.P. 474 kcal	Chicken filet with leek, avocado dip and potatoes (C) (i) Energie p.P. 412 kcal	Chicken drum sticks with rice and veggies (C) (n) Energie p.P. 410 kcal	Chicken "Köttbullar" with gravy, mashed potatoes and lingonberries (C) (a, c, h, i, k, n) Energie p.P. 555 kcal	
MIX & MATCH - YOUR TASTE. YOUR BODY. YOUR BOWL.					
Build the bowl that suits your lifestyle.					
eat dessert	Cheesecake with blueberries (V) (c, i) Energie p.P. 193 kcal	Fresh made fruit salad with creamy mint-yoghurt (V) (i) Energie p.P. 94 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	

MIX & MATCH



Contact information:

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

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

Food Allergens

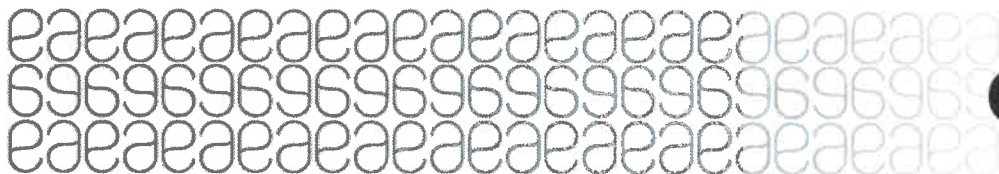
- a - Cereals containing gluten *
- b - Crustaceans *
- c - Eggs *
- d - Fish *
- e - Peanuts *
- h - Soybeans *
- i - Milk *

*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 04.05.2026	Tuesday 05.05.2026	Wednesday 06.05.2026	Thursday 07.05.2026	Friday 08.05.2026
eat soup I	Vegetable soup with cheese dumplings and chives (V) (a, c, i) Energie p.P. 139 kcal	Vegetable soup with pumpkin seed pancake stripes and chives (V) (a, c, i) Energie p.P. 116 kcal	Chicken soup with noodles and chives (C) (a, c) Energie p.P. 46 kcal	Vegetable soup with semolina strudel and chives (V) (a, c, h, i) Energie p.P. 176 kcal	Vegetable soup with rice noodles and chives (V) Energie p.P. 71 kcal
eat soup II	Creamy spinach soup (V) (a, c, i) Energie p.P. 168 kcal	Cream of mushroom soup (V) (a, c, h, i, n) Energie p.P. 295 kcal	Cheese soup with croutons (V) (a, c, i) Energie p.P. 276 kcal	Crepe soup of asparagus (V) (V) (i) Energie p.P. 168 kcal	Potatoe soup with mushroom and chive (V) (i, k, n) Energie p.P. 128 kcal
eat from the favorites	Vegetable patties with dill yogurt and a small side salad (V) (a, c, i, k, n) Energie p.P. 205 kcal	Chicken pilaw with small side salad (C) (a, n) Energie p.P. 687 kcal	Turkey schnitzel with parsley potatoes and lemon slice (T) (a, c, i) Energie p.P. 914 kcal	Lentil goulash with "Zack" organic tempeh and potatoes (V) (a, h, i, k, n) Energie p.P. 329 kcal	Fishfingers with potato and lamb's lettuce salad (a, d, i) Energie p.P. 336 kcal
eat from the heart	Penne with lentil bolognese and grana cheese (V) (a, c, i, n) Energie p.P. 537 kcal	Spinach strudel with parsley potatoes and dip (V) (a, c, i) Energie p.P. 620 kcal	Pulled planted poke bowl with avocado and sweet soja dip (VN) (a, h, m, n) Energie p.P. 766 kcal	Gnocchi with feta cheese, fennel and sundried tomatoes (V) (a, c, i) Energie p.P. 579 kcal	Spätzle and vegetable stir-fry (V) (a, c, i, n) Energie p.P. 1731 kcal
eat from the adventure	Stuffed bell pepper with couscous, served with tomato sauce (VN) (a, k) Energie p.P. 376 kcal	Baked potatoes with avocado-corn salsa and chicken breast strips (C) Energie p.P. 495 kcal	Vegetable frittata with, asparagus, zucchini, spinach, dip and arugola-herb salad (V) (c, i, k, n) Energie p.P. 352 kcal	Turkey ham dumplings with sauerkraut and caraway gravy (G) (a, c, n) Energie p.P. 501 kcal	Gratinated chicken breast with tomatoes and mozzarella, served with broccoli and rice (C) (c, i) Energie p.P. 572 kcal

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eat dessert	Berry cake (V) Energie p.P. 301 kcal	Vanilla pudding with whipped cream (V) (i) 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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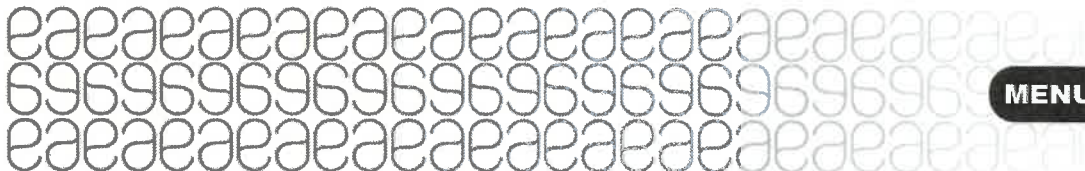
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Menu labelling

Vegetarian meals (P) Pork
 Vegan meals (B) Beef
 ELC - Grade 1 (C) Chicken
 Pork (T) Turkey
 MSC-certified fish (F) Fish
MSC-C-54115



MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 11.05.2026	Tuesday 12.05.2026	Wednesday 13.05.2026	Thursday 14.05.2026	Friday 15.05.2026
eat soup I	Chicken soup with "Profiteroles" and chives (C) (a, c) Energie p.P. 62 kcal	Clear vegetable soup with asparagus biscuit and chive (V) (a, c) Energie p.P. 118 kcal	Beef soup with tyrolian dumplings with bacon and chives (B/P) (a, c, i) Energie p.P. 105 kcal	Clear vegetable soup with sliced herb pancakes and chives (V) (a, c, i) Energie p.P. 95 kcal	Clear root vegetable soup with roasted seeds (VN) (k) Energie p.P. 77 kcal
eat soup II	Sweet potato lentil soup (VN) Energie p.P. 178 kcal	Herbal cream soup with croutons (V) (a, c, i, n) Energie p.P. 272 kcal	Italian minestrone (V) (a, c, k, n) Energie p.P. 160 kcal	Smoked paprika soup with croutons (V) (a, k, n) Energie p.P. 72 kcal	Creamy onionsoup with chives (V) (i, n) Energie p.P. 190 kcal
eat from the favorites	Potato goulash with "Zack" organic tempeh and roll (VN) (a, h, n) Energie p.P. 515 kcal	Meat patty with carrot & peas, served with mashed potatoes (B) (a, c, i, l, n) Energie p.P. 706 kcal	Turkey schnitzel with potato and lamb's lettuce salad and slice of lemon (T) (a, c, i) Energie p.P. 817 kcal	Yeast dumpling with vanilla sauce, poppy seed and powdered sugar (V) (a, c, i) Energie p.P. 673 kcal	Pike-perch on paprika rice with basil-avocado dip (F) (d, i) Energie p.P. 530 kcal
eat from the heart	Creamy barley with feta cheese and radishes (V) (a, c, i, k, n) Energie p.P. 647 kcal	Asparagus quiche with braised cherry tomatoes and salad garnish (V) (a, c, i, n) Energie p.P. 838 kcal	String bean goulash with bohemian dumplings (V) (a, c, i, n) Energie p.P. 673 kcal	Pan fried dumplings with egg and small side salad (V) (a, c, i, n) Energie p.P. 771 kcal	Vegetable bulgur with pesto and roasted pumpkin seeds (VN) (a, c, i, n) Energie p.P. 572 kcal
eat from the adventure	Vegetable lentil lasagne with tomatosauce (V) (a, k, n) Energie p.P. 417 kcal	Stir fried noodles with chicken and vegetables (C) (a, e, h, m, n) Energie p.P. 441 kcal	Massamann curry with beans, cabbage, cauliflower and rice (VN) (a, m) Energie p.P. 603 kcal	Chicken gyros with vegetables, rice and tzatziki (C) (i, n) Energie p.P. 401 kcal	Chicken stew with veggies and fusili pasta (C) (a, i, n) Energie p.P. 554 kcal

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eat dessert	Apricot cake (VN) Energie p.P. 328 kcal	Jogurt with fruits (V) (i) Energie p.P. 65 kcal	Assorted fresh fruit basket with seasonal fruit" Energie p.P. 82 kcal	Plum cake with butter crumble (V) (a, c) Energie p.P. 212 kcal	Lemoncurd with cinnamon crumble (V) (a, c, i) Energie p.P. 218 kcal
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Vegan meals



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