








MENU PLAN VIENNA INTERNATIONAL SCHOOL



| | Monday 08.06.2026 | Tuesday 09.06.2026 | Wednesday 10.06.2026 | Thursday 11.06.2026 | Friday 12.06.2026 |
|---------------------------|--|--|--|--|---|
| 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, k) Energie p.P. 60 kcal | Clear vegetable soup with spinach dumpling (V) (a, c, i, n) Energie p.P. 145 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 | Coconut cauliflower soup with spinach (VN) Energie p.P. 195 kcal |
| eat from the favorites | Baked potato with spinach and sour cream (V) (i) Energie p.P. 413 kcal | Chicken goulash with spätzle (C) (a, c, i, k) 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 | Chicken stew in paprika sauce with spätzle (C) (a, c, i, k) Energie p.P. 736 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) (a, i, k, n) Energie p.P. 382 kcal |  Fried rice with vegetables and crispy tempeh (V) (a, c, h, m, n) Energie p.P. 591 kcal |
| eat from the adventure | Broccoli asian style with stir fried vegetables and rice (VN) (a, e, h, j, 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 |  Salmon patties on a Provençal vegetable medley (F) (c, d, k, l, n) Energie p.P. 304 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 | Poppy seed strudel (V) (a, c, i) Energie p.P. 0 kcal |
|----------------|---|---|---|---|---|



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

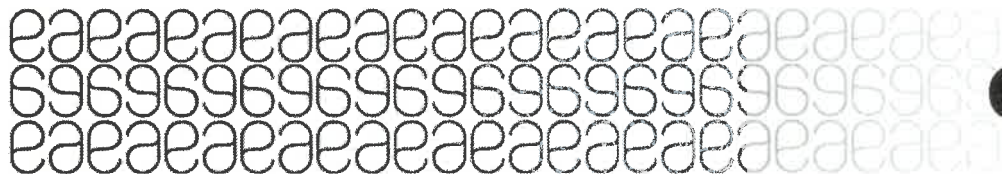
 Vegan meals

 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 15.06.2026 | Tuesday 16.06.2026 | Wednesday 17.06.2026 | Thursday 18.06.2026 | Friday 19.06.2026 |
|---------------------------|--|--|--|---|---|
| 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, k) Energie p.P. 46 kcal | Vegetable soup with semolina strudel and chives (V) (a, c, h, i) Energie p.P. 176 kcal | Vegetable soupt 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. 267 kcal | Cheese soup with croutons (V) (a, c, i) Energie p.P. 276 kcal | Creme 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. 627 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. 639 kcal  | Pulled planted poke bowl with avocado and sweet soja dip (VN) (a, e, 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, j) 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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Menu labelling

 Vegetarian meals

 Vegan meals

 ELC - Grade 1

 Pork

 MSC-certified fish
MSC-C-54115

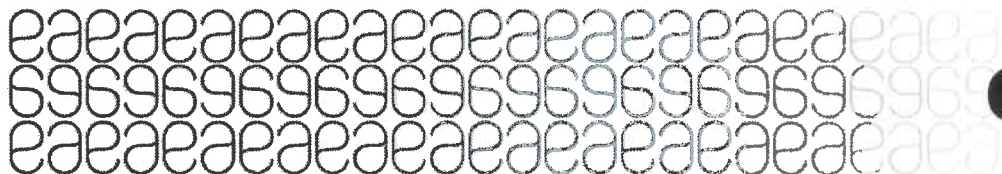
(P) Pork

(B) Beef

(C) Chicken

(T) Turkey

(F) Fish



MENU PLAN VIENNA INTERNATIONAL SCHOOL



| | Monday 22.06.2026 | Tuesday 23.06.2026 | Wednesday 24.06.2026 | Thursday 25.06.2026 | Friday 26.06.2026 |
|---------------------------|--|---|---|--|----------------------|
| eat soup I | Chicken soup with "Profiteroles" and chives (C) (a, c, k) 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 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 | 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, l) Energie p.P. 817 kcal | Chicken gyros with veggies and rice (C) (i, n) Energie p.P. 445 kcal | |
| eat from the heart | Creamy barley with feta cheese and radishes (V) (a, c, i, k, n) Energie p.P. 647 kcal | Broccoli & cauliflower quiche with braised cherry tomatoes and salad garnish (V) (c, i, n) Energie p.P. 610 kcal | String bean goulash with bohemian dumplings (V) (a, c, i, n) Energie p.P. 673 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 stew with veggies and fusili pasta (C) (a, i, k, 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 | Lemoncurd with cinnamon crumble (V) (a, c, i) Energie p.P. 218 kcal |
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- Vegan meals
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