



MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 24.11.2025	Tuesday 25.11.2025	Wednesday 26.11.2025	Thursday 27.11.2025	Friday 28.11.2025
eat soup I	Clear vegetable soup with spinach "schöberl" (V) (a, c) Energie p.P. 115 kcal	Clear potato soup (VN) (k, n) Energie p.P. 121 kcal	Clear beef soup with pasta shells (B) (a, c) Energie p.P. 55 kcal	Clear mushroom soup with vegetables and pancake strips (V) (a, c, i, k) Energie p.P. 86 kcal	Clear vegetable soup with profiteroles (V) (a, c) Energie p.P. 108 kcal
eat soup II	Millet soup with broccoli and carrot (VN) (k) Energie p.P. 111 kcal	Cabbage soup with potato cubes and cream (V) (i, n) Energie p.P. 296 kcal	creamy pumpkin ginger soup (VN) (n) Energie p.P. 113 kcal	Creamy celery soup (V) (a, i, k) Energie p.P. 266 kcal	Zucchini and arugula cream soup (V) (c, i) Energie p.P. 128 kcal
eat from the favorites	"Kaspressknödel" cheese dumplings with cabbage salad (V) (a, c, i, n) Energie p.P. 666 kcal	 Poultry meatballs in creamy paprika sauce with mashed potatoes (C/T) (a, i, n) Energie p.P. 552 kcal	 Breaded chicken schnitzel with rice and peas (C) (a, c) Energie p.P. 739 kcal	 Tyrolean "Gröstl" with beef (B) (k) Energie p.P. 506 kcal	 Spelt apple crumble with vanilla sauce (V) (a, i) Energie p.P. 720 kcal
eat from the heart	Pumpkin and potato patties with herb yogurt and salad (V) (i, n) Energie p.P. 149 kcal	 Bulgur-quinoa-veggies with feta cheese (V) (a, i, k) Energie p.P. 522 kcal	 Curry lentils with eggplant and roasted potatoes (VN) (a, h, k, m) Energie p.P. 401 kcal	 Wok with vegetables and tofu, served with jasmine rice (VN) (a, h, m, n) Energie p.P. 570 kcal	 Eggplant and barley stew (V) (a, i, k) Energie p.P. 479 kcal
eat from the adventure	Arugula gnocchi with cherry tomatoes (V) (a, c, i) Energie p.P. 466 kcal	 Asian chicken stir-fry on egg noodles (C) (a, h, k, m) Energie p.P. 524 kcal	 Thai curry with vegetables, tofu and basmati rice (VN) (h) Energie p.P. 555 kcal	 Indian-marinated chicken breast with couscous, vegetables, and cucumber dip (C) (a, h, i) Energie p.P. 452 kcal	 Spaghetti Bolognese with parmesan (B) (a, c, i, k, n) Energie p.P. 559 kcal
MIX & MATCH - DEIN GESCHMACK. DEIN KÖRPER. DEINE BOWL. Stelle dir die Bowl zusammen, die zu deinem Lebensstil passt.					
eat dessert	Yoghurt with blueberries (V) (i) Energie p.P. 53 kcal	Orange-infused rice with honey yoghurt (V) (i, n) Energie p.P. 154 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 184 kcal	Apple compote (V) (n) Energie p.P. 116 kcal	Sweet banana coconut couscous (VN) (a) Energie p.P. 196 kcal

MIX & MATCH

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

YOUR FEEDBACK MATTERS!
What's working well?
What's not? Any tips, wishes, or fresh ideas?
Your feedback makes a difference – thank you!



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MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 01.12.2025	Tuesday 02.12.2025	Wednesday 03.12.2025	Thursday 04.12.2025	Friday 05.12.2025
eat soup I	Clear beef soup with meat strudel (R/S) (a, c) Energie p.P. 78 kcal	Clear chicken soup with sliced pancakes (C) (a, c, i) Energie p.P. 84 kcal	Clear vegetable soup with spinach "Schöberl" (V) (a, c) Energie p.P. 115 kcal	Clear vegetable soup with veggie and noodles (V) (a, c, k) Energie p.P. 111 kcal	Clear beef soup vienna style (B) (a, c, i, k) Energie p.P. 152 kcal
eat soup II	Tomato-chickpea soup (VN) (k) Energie p.P. 91 kcal	Sweet potato-pumpkin soup with thai curry (V) (h, i, m) Energie p.P. 100 kcal	Potato cream soup (V) (a, c, i, n) Energie p.P. 105 kcal	Creamy corn soup with bacon (S) (a, k) Energie p.P. 225 kcal	Creamy mushroom soup (V) (h, i, n) Energie p.P. 212 kcal
eat from the favorites	Veggie schnitzel with parsley potatoes and chive dip (V) (a, c, i, k, n) Energie p.P. 504 kcal	One pot with beef, cabbage and potatoes (B) (a, h) Energie p.P. 595 kcal	Chicken schnitzel with rice and slice of lemon (C) (a, c) Energie p.P. 707 kcal	Turkey "Schinkenfleckerl" (T) (a) Energie p.P. 463 kcal	Turkey stew with vegetables and spätzle (T) (a, c, i, k, l, n) Energie p.P. 527 kcal
eat from the heart	Mashed potatoes with oven roasted vegetables (V) (i, k) Energie p.P. 457 kcal	Falafel with couscous and soy dip (VN) (a, h, k) Energie p.P. 545 kcal	Homemade lentil patty with vegetables (V) (a, c, k) Energie p.P. 511 kcal	Coconut rice with snow peas (VN) (h) Energie p.P. 544 kcal	Ebly risotto with, mushrooms, carrots and broccoli (V) (a, c, i, n) Energie p.P. 435 kcal
eat from the adventure	Cauliflower-tomato curry with rice (VN) (a, h) Energie p.P. 406 kcal	Italian bean pot with ciabatta bread (VN) (a, k) Energie p.P. 584 kcal	Red thai curry with pork, zucchini, pumpkin and jasmín rice (P) (a, d, h, p) Energie p.P. 609 kcal	Turkey steak with herabl butter, string beans and potato croquettes (C) (a, c, i, l) Energie p.P. 499 kcal	Filet of pike perch with creamy kale and potatoes (F) (a, d, i, n) Energie p.P. 410 kcal
MIX & MATCH					
MIX & MATCH - YOUR TASTE. YOUR BODY. YOUR BOWL.					
Build the bowl that suits your lifestyle.					
eat dessert	Tangerine cake (VN) Energie p.P. 322 kcal	Vanillapudding (V) (i) Energie p.P. 149 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 82 kcal	Swiss Roll with apricot marmelade (V) (a, c) Energie p.P. 319 kcal	Curd mousse (V) (i) Energie p.P. 239 kcal



Contact information:

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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 *
- j - Nuts *

k - Celery *

l - Mustard *

m - Sesame seeds *

n - Sulphur dioxide and sulphites *

o - Lupin *

p - Molluscs *

*and products thereof

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

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MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 08.12.2025	Tuesday 09.12.2025	Wednesday 10.12.2025	Thursday 11.12.2025	Friday 12.12.2025
eat soup I		Clear beef soup with liver dumpling (B) (a, c) Energie p.P. 86 kcal	Clear vegetable soup with homemade pasta (V) (a, c) Energie p.P. 92 kcal	Clear cauliflower soup (VN) Energie p.P. 99 kcal	Clear vegetable soup with spinach Frittaten (topping) (V) (a, c, i) Energie p.P. 96 kcal
eat soup II		Curry coconut soup with peas (VN) Energie p.P. 208 kcal	Creamy tomato soup (VN) (n) Energie p.P. 176 kcal	Italian minestrone (V) (a, c, k, n) Energie p.P. 174 kcal	Creamy cabbage soup with smoked ham (P) (i) Energie p.P. 209 kcal
eat from the favorites	Feiertag Energie p.P. 0 kcal	Chicken stew "Zürcher style" with rice and carrots (C) (a, i, n) Energie p.P. 1290 kcal	Pumpkin seed turkey schnitzel with parsley potatoes (T) (a, c, i) Energie p.P. 679 kcal	Braised beef with onions and fusilli (B) (a, i, n) Energie p.P. 512 kcal	Tilapia fillet on tomato couscous with mango chutney (F) (a, d, i) Energie p.P. 355 kcal
eat from the heart	Feiertag Energie p.P. 0 kcal	Pasta pomodoro with grana cheese (V) (a, c, i, n) Energie p.P. 559 kcal	Bulgur risotto with butternut squash and arugula (V) (a, c, i, k) Energie p.P. 576 kcal	Planted Chicken a la Stroganoff with fusilli noodles (V) (a, i, k, l, n) Energie p.P. 526 kcal	Green beans with tofu and onion-potato purée (VN) (h, k, m) Energie p.P. 554 kcal
eat from the adventure	Feiertag Energie p.P. 0 kcal	Creole chicken drumstick with pumpkin and couscous (C) (a, h) Energie p.P. 579 kcal	Autumn vegetable ragout on quinoa rice (V) (c, i, j, k) Energie p.P. 509 kcal	Oven-baked harissa chicken with potato-zucchini-chickpea vegetables (C) (i, n) Energie p.P. 399 kcal	Chicken tikka masala with jasmine rice (C) (i) Energie p.P. 550 kcal

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eat dessert	Chocolate cake (V) Energie p.P. 385 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 82 kcal	Yogurt with blackberries (V) (i) Energie p.P. 151 kcal	Apple cake with crumble (V) Energie p.P. 277 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

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	Monday 15.12.2025	Tuesday 16.12.2025	Wednesday 17.12.2025	Thursday 18.12.2025	Friday 19.12.2025
eat soup I	Clear vegetable soup with shell pasta (V) (a, c) Energie p.P. 99 kcal	Clear chicken soup with turkey ham schoeberl (C/T) (a, c) Energie p.P. 75 kcal	Clear vegetable soup with cheese dumpling (V) (a, c, i) Energie p.P. 144 kcal	Bolivian corn soup with shrimp (F) (b) Energie p.P. 88 kcal	Clear vegetable soup with vermicelli (V) (a, c) Energie p.P. 92 kcal
eat soup II	Creamy chive soup (V) (i) Energie p.P. 179 kcal	Chickpea soup with leek (VN) (n) Energie p.P. 148 kcal	Creamy carrot soup with curry oil (V) (i) Energie p.P. 187 kcal	Creamy vegetable soup (V) (a, i, n) Energie p.P. 177 kcal	Lohikeitto - finnish salmon soup (F) (d, i, k) Energie p.P. 154 kcal
eat from the favorites	Traditional cheese spaetzle with crispy onions (V) (a, c, i, n) Energie p.P. 885 kcal	Beef goulash with potato dumplings and red cabbage (B) (a, n) Energie p.P. 398 kcal	Turkey schnitzel with potato salad (P) (a, c, i, n) Energie p.P. 843 kcal	Chicken breast with Provencal vegetables, served with farfalle (C) (a) Energie p.P. 465 kcal	Pike-perch on carrot risotto with flax seeds (F) (d, i, k, n) Energie p.P. 497 kcal
eat from the heart	No Chicken Nuggets with rice and sweet chili tomato sauce (VN) (a, h) Energie p.P. 635 kcal	Roasted potatoes, green beans, arugula pesto with bean chili cream (VN) (h, k, n) Energie p.P. 685 kcal	Penne with lentil bolognese (VN) (a, n) Energie p.P. 458 kcal	Beetroot dumplings with braised kohlrabi and horeradish sauce (V) (a, c, i, k, n) Energie p.P. 497 kcal	Spinach - ricotta - tortellini with zucchini tomatosauce (V) (a, c, i, k) Energie p.P. 633 kcal
eat from the adventure	Gnocchi with vegetable sauce and parmesan (V) (a, c, i, k, n) Energie p.P. 587 kcal	Turkey breast strips with pumpkin, snow peas and wild rice (T) (k) Energie p.P. 454 kcal	Asian vegetable stir-fry with crispy tofu (VN) (a, h, m) Energie p.P. 469 kcal	Burrito "Mexicaine" with side salad (B) (a, c, i, l, n) Energie p.P. 612 kcal	Turkey stew in curry sauce with vegetable rice (T) (a, i, n) Energie p.P. 337 kcal
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eat dessert	Chocolate coconut cake (V) (a, c, i) Energie p.P. 390 kcal	Lime curd creme (V) (i) Energie p.P. 146 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 82 kcal	Cherry cake (V) Energie p.P. 300 kcal	Chia pudding with strawberry sauce (VN) (h) Energie p.P. 83 kcal

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