



MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 25.08.2025	Tuesday 26.08.2025	Wednesday 27.08.2025	Thursday 28.08.2025	Friday 29.08.2025
eat soup I		Clear vegetable soup with Schöberl (V) (a, c, i) Energie p.P. 125 kcal	Clear vegetable soup with homemade pasta (V) (a, c) Energie p.P. 49 kcal	Clear vegetable soup with vegetable strips & Eierstich (egg topping) (V) Energie p.P. 76 kcal	Beef soup with spinach Frittaten (B) (a, c, i) Energie p.P. 51 kcal
eat soup II		Coconut cauliflower soup with spinach and chili (VN) Energie p.P. 195 kcal	Creamy chanterelle mushroom soup (V) (a, i, n) Energie p.P. 165 kcal	Italian Minestrone (V) (a, c, k, n) Energie p.P. 160 kcal	Creamy carrot ginger soup (V) (i) Energie p.P. 142 kcal
eat from the favorites		Polpetti pomodoro with spiralli pasta and fresh basil (B) (a, c, n) Energie p.P. 494 kcal 	Rustic Spätzle with bacon, mushrooms and leeks (P) (a, c, h, i, n) Energie p.P. 819 kcal 	Chicken drum sticks with risi pisi and gravy (C) (i, n) Energie p.P. 284 kcal	Spareribs, coleslaw, roasted potatoes and cocktail sauce (P) (c, i, l, n) Energie p.P. 817 kcal 
eat from the heart		Roasted bread dumplings with scrambled eggs and small salad (V) (a, c, i, n) Energie p.P. 727 kcal 	Gnocchi with vegetables gratinated with mozzarella cheese (V) (a, c, i, n) Energie p.P. 556 kcal 	Melon, chickpeas, pomegranate & spinach salad with tahini dressing (VN) (e, h, m, n) Energie p.P. 666 kcal 	Soy chunks with rice, quinoa and vegetables (VN) (a, e, h, k) Energie p.P. 498 kcal 
eat from the adventure		Souvlaki skewer with rice and homemade tzatziki (P) (i, n) Energie p.P. 759 kcal 	Green thai-curry with tofu and jasmin rice (VN) (h) Energie p.P. 508 kcal 	Whole grain spaghetti bolognese with parmesan cheese (B) (a, c, i, k, n) Energie p.P. 616 kcal 	Poached catfish filet with sweet potato puree and vegetables (F) (d, i, k, n) Energie p.P. 281 kcal 
MIX & MATCH - YOUR TASTE. YOUR BODY. YOUR BOWL. Build the bowl that suits your lifestyle.					
eat dessert		Homemade apple strudel (V) (a, c, h, j) Energie p.P. 242 kcal	Chia pudding with fresh fruit (VN) (h) Energie p.P. 67 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 184 kcal	Creamy semolina pudding with blueberries (V) (a, c, i) Energie p.P. 179 kcal

MIX &
MATCH



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

YOUR FEEDBACK
MATTERS!

What's working well?
What's not? Any tips,
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MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 01.09.2025	Tuesday 02.09.2025	Wednesday 03.09.2025	Thursday 04.09.2025	Friday 05.09.2025
eat soup I	Clear vegetable soup with pasta shells (V) (a, c) Energie p.P. 95 kcal	Clear root vegetable soup with roasted seeds (VN) (k) Energie p.P. 77 kcal	Beef soup with Tyrolean bacon dumpling (B/P) (a, c, i) Energie p.P. 105 kcal	Clear vegetable soup with semolina dumpling (V) (a, c, i) Energie p.P. 70 kcal	Clear vegetable soup with vermicelli noodles (V) (a, c) Energie p.P. 49 kcal
eat soup II	Creamy pea soup (V) (a, i) Energie p.P. 134 kcal	Chickpea vegetable soup (VN) (k, n) Energie p.P. 75 kcal	Sweet potato coconut soup with fresh lime (VN) (n) Energie p.P. 219 kcal	Creamy herb soup (V) (i, n) Energie p.P. 171 kcal	Creamy corn soup (V) (i, n) Energie p.P. 162 kcal
eat from the favorites	Caramelized "Krautfleckerl" cabbage with pasta and small side salad (VN) (a, c, n) Energie p.P. 407 kcal	  Turkey goulash with butter spätzle (T) (a, c, i, n) Energie p.P. 622 kcal	  Crispy chicken schnitzel coated in parmesan and thyme, served with rice (C) (a, c, i) Energie p.P. 783 kcal	 Pork steak with roasted potatoes and broccoli (P) Energie p.P. 690 kcal	 Filet of pike perch with chanterelle risotto (F) (c, d, i, n) Energie p.P. 471 kcal
eat from the heart	Bowl with wild rice, falafel, red cabbage and edamame (VN) (h, m) Energie p.P. 798 kcal	  Soy-marinated tofu with cabbage and basmati rice (VN) (a, h, m) Energie p.P. 455 kcal	  Braised eggplant with sweet & sour tomatoes (VN) (a, n) Energie p.P. 464 kcal	  Whole grain spaghetti with lentil Bolognese, herbed breadcrumbs and Grana (V) (a, n) Energie p.P. 513 kcal	  BBQ salad with plant based köttbullar (VN) (a) Energie p.P. 327 kcal
eat from the adventure	"VIS Eco Burger" with veggie-cornflakes patty, cucumber relish, zucchini and sweet potato fries (V) (a, c, i, n) Energie p.P. 688 kcal	 Turkey steak with melon salad and roasted potatoes (T) (a, j, n) Energie p.P. 499 kcal	Power bowl with smoked trout, spinach, jasmin rice, zucchini and roasted bell pepper sauce (F) Energie p.P. 355 kcal	Paneng beef stir-fry with beans, bamboo shoots, kohlrabi and jasmine rice (B) (a) Energie p.P. 666 kcal	Grilled chicken fillet with tabouleh (C) (a) Energie p.P. 458 kcal
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eat dessert	Pear compote with vanilla cream (V) (i) Energie p.P. 98 kcal	Curcuma pann cotta with mango and almonds (VN) (j) Energie p.P. 111 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 184 kcal	Quark mousse with strawberries (V) (h, i) Energie p.P. 148 kcal	Fruit salad with fresh mint (VN) Energie p.P. 98 kcal

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Menu labelling
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 Vegan meals
 ELC - Grade 1
 Pork
 MSC-certified fish
MSC-C-54115

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(T) Turkey
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	Monday 08.09.2025	Tuesday 09.09.2025	Wednesday 10.09.2025	Thursday 11.09.2025	Friday 12.09.2025
eat soup I	Clear vegetable soup with vegetable strips and Frittaten (V) (a, c, i, k) Energie p.P. 102 kcal	Clear vegetable soup with tomato croutons (V) (a, c, i) Energie p.P. 108 kcal	Traditional viennese beef and vegetable soup (B) (a, c, i, k) Energie p.P. 144 kcal	Clear vegetable soup with vegetable strips and profiteroles (V) (a, c, k) Energie p.P. 112 kcal	Clear vegetable soup with mushroom croutons (V) (a, c, i) Energie p.P. 104 kcal
eat soup II	Indian lentil soup with coconut (VN) Energie p.P. 143 kcal	Creamy leek soup (V) (a, i, n) Energie p.P. 164 kcal	Creamy semolina soup with vegetables (V) (a, c, i, k) Energie p.P. 89 kcal	Creamy tomato soup (VN) (n) Energie p.P. 161 kcal	Creamy spinach soup (V) (i) Energie p.P. 66 kcal
eat from the favorites	Roasted potatoes, creamed spinach and boiled egg (V) (a, c, i, n) Energie p.P. 419 kcal	  Rice and meat stew with homemade sour cream dip (T) (a, i) Energie p.P. 673 kcal	  Beef Moussaka with homemade Tzatziki (R) (a, c, i, n) Energie p.P. 558 kcal	Grilled turkey steaks with roasted vegetables, potatoes and herb butter (T) (i, l, n) Energie p.P. 525 kcal	 Tilapia in crispy cornflakes crust with parsley potatoes and remoulade sauce (F) (a, c, d, i, l) Energie p.P. 611 kcal
eat from the heart	Buck wheat risotto with mushrooms and oven roasted tomato (V) (a, c, i, n) Energie p.P. 444 kcal	  Romaine salad with almond mayo & tomato polenta (VN) (h, j, k, n) Energie p.P. 531 kcal	  Pasta (fusili) in cashew leek sauce with mushrooms and herbs (VN) (a, h, j, k, n) Energie p.P. 482 kcal	  Caponata di melanzane with couscous (VN) (a, h, k) Energie p.P. 351 kcal	  Pasta casserole with vegetables and chickpeas, served with a chive dip (VN) (a, h, n) Energie p.P. 483 kcal
eat from the adventure	Indian-style rice pan (VN) (j) Energie p.P. 481 kcal	  Ebly grains sautéed with fresh vegetables and shrimps (F) (a, b, k, n) Energie p.P. 331 kcal	Stuffed chicken breast served on a white bean mousse with barley (C/P) (a, k) Energie p.P. 504 kcal	Mexican chili-lentils with sweet potatoes and rice (VN) (k, n) Energie p.P. 400 kcal	  Sandwich with chicken breast and mango chutney, served with roasted vegetables (C) (a, k, n) Energie p.P. 568 kcal
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eat dessert	Yoghurt with blueberries (V) (i) Energie p.P. 54 kcal	Orange-infused rice with honey yoghurt (V) (i, j, n) Energie p.P. 189 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



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	Monday 15.09.2025	Tuesday 16.09.2025	Wednesday 17.09.2025	Thursday 18.09.2025	Friday 19.09.2025
eat soup I	Clear vegetable soup with savoury oat dumplings (V) (a, c, i) Energie p.P. 56 kcal	Chicken soup with herb & cheese schoeberl (C) (a, c, i) Energie p.P. 55 kcal	Clear vegetable soup with vegetable croutons (V) (a, c, h, i) Energie p.P. 79 kcal	Root vegetable soup with roasted seeds (VN) (k) Energie p.P. 77 kcal	Beef soup with star-shaped pasta (B) (a, c) Energie p.P. 39 kcal
eat soup II	Summery cucumber dill soup (V) (i, n) Energie p.P. 136 kcal	Creamy potato leek soup (V) (k) Energie p.P. 52 kcal	Creamy zucchini soup (V) (i) Energie p.P. 155 kcal	Onion soup with cheese croutons (V) (a, c, i, n) Energie p.P. 105 kcal	Creamy lentil soup (VN) (a, c, i, n) Energie p.P. 187 kcal
eat from the favorites	Vegetable enchilada with mixed leaf salad and a yogurt dip (V) (a, i, k) Energie p.P. 651 kcal	Minced meat patties with gravy, mashed potatoes and fresh cucumber salad (B) (a, c, i, k, l, n) Energie p.P. 646 kcal	Crispy chicken strips on a fresh mixed salad (C) (a, c, l, n) Energie p.P. 553 kcal	Ham pasta with mixed side salad (T) (a, c, n) Energie p.P. 570 kcal	Sesame-crusted trout with roasted potatoes and grilled vegetables (F) (a, d, i, m) Energie p.P. 686 kcal
eat from the heart	Whole wheat pasta a piselli (VN) (a, j) Energie p.P. 464 kcal	Zucchini stuffed with quinoa, served on colorful ratatouille (V) (i, n) Energie p.P. 619 kcal	Grilled halloumi bowl with lentil- vegetables (V) (i, n) Energie p.P. 546 kcal	Indonesian tofu and rice stir-fry with vegetables (VN) (a, h, m, n) Energie p.P. 449 kcal	Vegetable frittata with, asparagus, zucchini, spinach, dip and arugola-herb salad (V) (c, i, k, n) Energie p.P. 352 kcal
eat from the adventure	Asian-style broccoli with tofu- almond rice (VN) (a, h, j, m) Energie p.P. 422 kcal	Stir-fried noodles with tender chicken and fresh vegetables (C) (a, h, m, n) Energie p.P. 441 kcal	Grilled sesame-polenta with chickpea-vegetables (VN) (k, m) Energie p.P. 521 kcal	Vegetable stew with bulgur, peanuts and arugola (VN) (a, e, k, n) Energie p.P. 405 kcal	Tafelspitz (Beef) with bread- horseradish sauce and roasted potatoes (B) (a, i, k, n) Energie p.P. 435 kcal

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eat dessert	Cheesecake with blueberries (V) (c, i) Energie p.P. 193 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 137 kcal	Buttermilk cake with fresh strawberries (V) (a, c, i) Energie p.P. 289 kcal	Yoghurt with apricot puree (V) (i) Energie p.P. 91 kcal	Freshly made fruit salad with creamy mint-yoghurt (V) (i) Energie p.P. 94 kcal
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