



MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 05.10.2026	Tuesday 06.10.2026	Wednesday 07.10.2026	Thursday 08.10.2026	Friday 09.10.2026
eat soup I	Clear soup with spinach biscuit (V) (a, c) Energie p.P. 115 kcal	Potato soup (VN) (k) Energie p.P. 121 kcal	Beef soup with noodles (B) (a, c) Energie p.P. 55 kcal	Clear soup with mushrooms and pancake stripes (V) (a, c, i, k) Energie p.P. 86 kcal	Clear soup with profiteroles (V) (a, c) Energie p.P. 108 kcal
eat soup II	Millet soup with broccoli and carrots (VN) (k) Energie p.P. 111 kcal	Creamy zucchini arugola soup (V) (c, i) Energie p.P. 140 kcal	Creamy pumpkin-ginger soup (VN) (a, n) Energie p.P. 113 kcal	Creamy soup of selleriac (V) (a, c, i, k) Energie p.P. 266 kcal	Creamy cabbage soup (V) (i) Energie p.P. 256 kcal
eat from the favorites	Caramelized cabbage noodles (V) (a, n) Energie p.P. 396 kcal	Poultry meat balls with gravy, mashed potatoes and peas (T/C) (a, c, h, i, k, n) Energie p.P. 539 kcal	Deep fried chicken schnitzel with parsley potatoes and lemon slice (C) (a, c) Energie p.P. 672 kcal	Chicken in paprika sauce with veggie and "Spätzle" (C) (a, c, i, k) Energie p.P. 571 kcal	Pike perch with coconut cabbage and brown rice (F) (a, d, k, l) Energie p.P. 398 kcal
eat from the heart	Pumpkin-potato patties with salad and herbal yoghurt (V) (i, n) Energie p.P. 108 kcal	Oven roasted aubergine with herbal rice (VN) (j, k) Energie p.P. 477 kcal	Vegetable lasagne with side salad (V) (a, i, k, n) Energie p.P. 511 kcal	Stir fried vegetables with tempeh and jasmin rice (VN) (a, h, m) Energie p.P. 570 kcal	Oriental bean pot with pita bread (VN) (a, m) Energie p.P. 563 kcal
eat from the adventure	Bulgur-quinoa with veggies and feta cheese (V) (a, i, k) Energie p.P. 522 kcal	Asia noodles with chicken and vegetables (C) (a, h, k, m) Energie p.P. 524 kcal	Thai curry with vegetables, tofu and jasmin rice (VN) (h) Energie p.P. 558 kcal	Gnocchi arugola with tomato, pesto and parmesan cheese (V) (a, c, i) Energie p.P. 466 kcal	Grilled chicken breast with veggies, couscous and rajita (C) (a, i, k) Energie p.P. 499 kcal
MIX & MATCH	MIX & MATCH - YOUR TASTE. YOUR BODY. YOUR BOWL. Build the bowl that suits your lifestyle.				
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

sodexo
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 *
- 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



MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 12.10.2026	Tuesday 13.10.2026	Wednesday 14.10.2026	Thursday 15.10.2026	Friday 16.10.2026
eat soup I	Clear beef soup with profiteroles (B) (a, c) Energie p.P. 64 kcal	Clear vegetable soup with herb pancakes (V) (a, c, i) Energie p.P. 95 kcal	Clear vegetable soup with spinach schöberl (topping) (V) (a, c) Energie p.P. 115 kcal	Clear vegetable soup with vegetable strips and star-shaped pasta (V) (a, c, k) Energie p.P. 111 kcal	Traditional viennese beef soup (B) (a, c, i, k) Energie p.P. 152 kcal
eat soup II	Tomato-chickpea soup (VN) (k) Energie p.P. 93 kcal	Sweet potato-pumpkin soup with thai curry (V) (h, i, m) Energie p.P. 100 kcal	Creamy potato soup (V) (a, c, i, n) Energie p.P. 105 kcal	Oat soup with vegetables (VN) (a, k) Energie p.P. 121 kcal	Creamy champignon soup (V) (h, i, n) Energie p.P. 181 kcal
eat from the favorites	Pumpkin goulash with butter spaetzle (V) (a, c, i, k, n) Energie p.P. 531 kcal	 Beef, cabbage and potato stew (B) (a, h) Energie p.P. 595 kcal	Chicken schnitzel with long-grain rice (C) (a, c) Energie p.P. 707 kcal	 Selchfleischfleckerl (S) (a, k) Energie p.P. 786 kcal	Turkey stew with pasta (T) (a, i, k, l, n) Energie p.P. 530 kcal
eat from the heart	Roasted vegetables with herb mashed potatoes and potato broth (V) (i, k) Energie p.P. 457 kcal	Pumpkin falafel with vegetable couscous and soy yoghurt dip (VN) (a, h, k) Energie p.P. 498 kcal	 Lentil patties on vegetables (V) (a, c, k) Energie p.P. 511 kcal	 Snow peas in coconut rice (VN) (h) Energie p.P. 544 kcal	 Ebly wheat risotto with mushrooms, carrots and broccoli (V) (a, c, i) Energie p.P. 423 kcal
eat from the adventure	Cauliflower and tomato curry with fragrant rice (VN) (a, h) Energie p.P. 391 kcal	 Italian bean stew (VN) (a, k) Energie p.P. 584 kcal	Thai-syle chicken with lemongrass and fragrant rice (C) (a, e, h, j, l, m) Energie p.P. 1284 kcal	Gnocchi with vegetable ragout (V) (a, c, i, k) Energie p.P. 587 kcal	Filet of pike perch with cabbage and potatoes (F) (a, d, i, n) Energie p.P. 410 kcal
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eat dessert	Chocolate-coconut cake (V) (a, c, i) Energie p.P. 271 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 184 kcal	Apple crumble cake (V) Energie p.P. 372 kcal	Chocolate pudding (V) (i) Energie p.P. 174 kcal	Banana mousse (V) (i) Energie p.P. 147 kcal



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-  Vegan meals
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MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 19.10.2026	Tuesday 20.10.2026	Wednesday 21.10.2026	Thursday 22.10.2026	Friday 23.10.2026
eat soup I	Clear vegetable soup with tomato croutons (V) (a, c, i) Energie p.P. 113 kcal	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	Asian chicken soup with bamboo shoots and vegetables (C) (a, h, k) Energie p.P. 118 kcal	Curry coconut soup with peas (VN) (h) Energie p.P. 208 kcal	Creamy tomato soup (VN) Energie p.P. 176 kcal	Italian minestrone (V) (a, c, k) Energie p.P. 174 kcal	Creamy carrot and ginger soup (V) (i) Energie p.P. 155 kcal
eat from the favorites	Planted and mushroom spaetzle pan (V) (a, c, h, i) Energie p.P. 723 kcal	Pork steak in pepper sauce with green beans and croquettes (P) (a, c, h, i, l, n) Energie p.P. 599 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	Colorful turkey rice (T) (k, n) Energie p.P. 461 kcal
eat from the heart	Chili sin carne with whole grain bread (VN) (a, h, k, n) Energie p.P. 399 kcal	Pasta with carrot pesto and pretzel roll crumbs (V) (a, c, i, j) Energie p.P. 768 kcal	Bulgur risotto with butternut squash and arugula (V) (a, c, i, k) Energie p.P. 576 kcal	Pulled planted burger with potato wedges (V) (a, c, h, i, l) Energie p.P. 868 kcal	Green beans with tofu and onion-potato purée (VN) (h, k, m) Energie p.P. 554 kcal
eat from the adventure	Oriental-style rice pan (VN) Energie p.P. 446 kcal	Creole chicken drumstick with pumpkin and couscous (C) (a, h) Energie p.P. 579 kcal	Autumn vegetable ragout on quinoa rice (V) (i, j, k) Energie p.P. 516 kcal	Oven-baked harissa chicken with potato-zucchini-chickpea vegetables (C) (i) Energie p.P. 399 kcal	Eggplant curry with chickpeas and jasmine rice (VN) (h, m) Energie p.P. 543 kcal
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eat dessert	Apple and cinnamon cream (V) (i) Energie p.P. 154 kcal	Sponge roll with apricot jam (V) (a, c) Energie p.P. 213 kcal	Creamy vanilla pudding (V) (i) Energie p.P. 186 kcal	Colorful turkey rice (T) (k, n) Energie p.P. 461 kcal	Chia pudding with mixed fruit purée (VN) (h) Energie p.P. 69 kcal



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Menu labelling

Vegetarian meals
 Vegan meals
 ELC - Grade 1
 Pork
 MSC-certified fish
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(P) Pork
(B) Beef
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MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 02.11.2026	Tuesday 03.11.2026	Wednesday 04.11.2026	Thursday 05.11.2026	Friday 06.11.2026
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, k)  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) (a)  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	Creamy broccoli soup (V) (a, i, n)  Energie p.P. 225 kcal
eat from the favorites	Traditional cheese spaetzle with crispy onions (V) (a, c, i)  Energie p.P. 881 kcal	Beef stew with spiral pasta (B) (a)  Energie p.P. 1692 kcal	Chicken schnitzel with herbed rice (C) (a, c)  Energie p.P. 1897 kcal	Chicken breast with lecso (pepper tomato stew), served with farfalle (C) (a)  Energie p.P. 509 kcal	Fischfinger with potatoes (F) (a, c, d, i, l)  Energie p.P. 865 kcal
eat from the heart	Chinese cabbage and bean ragout with polenta (V) (a, c, i)  Energie p.P. 539 kcal	Roasted potatoes, green beans, arugula pesto with bean chili cream (VN) (h, k, n)  Energie p.P. 681 kcal	Pasta with pumpkin, leek and paprika (VN) (a)  Energie p.P. 611 kcal	Potato noodles with vegetables and mushrooms (V) (a, c, i)  Energie p.P. 452 kcal	Spinach and ricotta tortellini with zucchini tomato sauce (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)  Energie p.P. 587 kcal	Turkey breast strips with pumpkin, 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. 474 kcal	Burrito "Mexicaine" with side salad (B) (a, c, i, l, n)  Energie p.P. 571 kcal	Oriental millet casserole with yoghurt dip (V) (c, i, k)  Energie p.P. 506 kcal
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eat dessert	Berry cake (VN)  Energie p.P. 301 kcal	Vanilla pudding (V) (i)  Energie p.P. 124 kcal	Assorted fresh fruit basket with seasonal fruit (VN)  Energie p.P. 184 kcal	Swiss roll with apricot marmelade (V) (a, c)  Energie p.P. 266 kcal	Apple-cinnamon mousse (V) (i)  Energie p.P. 154 kcal



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MSC-C-54115
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MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 09.11.2026	Tuesday 10.11.2026	Wednesday 11.11.2026	Thursday 12.11.2026	Friday 13.11.2026
eat soup I	Clear chicken soup with soup pearls (C) (a, c, i, k) Energie p.P. 71 kcal	Clear vegetable soup with pumpkin seed frittaten (V) (a, c, i) Energie p.P. 103 kcal	Clear vegetable soup with semolina dumplings (V) (a, c) Energie p.P. 91 kcal	Clear vegetable soup with profiteroles (V) (a, c) Energie p.P. 108 kcal	Clear beef soup with liver rice (R/S) (a) Energie p.P. 84 kcal
eat soup II	Creamy sweet potato and lentil soup (VN) Energie p.P. 194 kcal	Thai curry soup with cucumber and spring onions (V) (i, k) Energie p.P. 127 kcal	Creamy apple and celery soup (VN) (a, k) Energie p.P. 124 kcal	Farmer's soup with potatoes, beans and bacon (P) (k) Energie p.P. 93 kcal	Creamy chili corn soup (VN) (a, n) Energie p.P. 145 kcal
eat from the favorites	Spinach pancake with champignon sauce (V) (a, c, i, n) Energie p.P. 455 kcal	Nougat dumplings with Vanille sauce (V) (a, c, i, j) Energie p.P. 269 kcal	Turkey schnitzel with parsley potatoes and lemon (T) (a, c) Energie p.P. 873 kcal	Beef ragout with bred roll (B) (a, k) Energie p.P. 654 kcal	Chicken breast with potato puree and broccoli (C) (i) Energie p.P. 450 kcal
eat from the heart	Pumpkin lasagna (V) (a, i) Energie p.P. 556 kcal	Oven-baked potatoes with sour cream and spinach (V) (i) Energie p.P. 413 kcal	Stir-fry with soy strips and jasmine rice (VN) Energie p.P. 611 kcal	Curry whole grain rice with zucchini and carrot ragout (VN) (a, h, k) Energie p.P. 345 kcal	Spaghetti with pumpkin sauce, fresh herbs and parmesan (V) (a, c, i) Energie p.P. 512 kcal
eat from the adventure	Penne pomodoro with fresh basil and parmesan cheese (V) (a, c, i) Energie p.P. 523 kcal	Indian chicken masala with basmati rice (C) (i) Energie p.P. 1419 kcal	Roasted pumpkin and rosemary bulgur in cheesy sauce (V) (a, h, i, k) Energie p.P. 563 kcal	Bean and pell pepper stew with orecchiette pasta (VN) (a, k) Energie p.P. 417 kcal	Baked catfish and potato wedges with pea dip (F) (a, c, d, l, n) Energie p.P. 678 kcal
MIX & MATCH					
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eat dessert	Apricot cake (VN) Energie p.P. 328 kcal	Chocolate pudding (V) (i) Energie p.P. 139 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 184 kcal	Sacher cake (V) (a, c, h) Energie p.P. 385 kcal	Fruit salad (VN) Energie p.P. 36 kcal



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Menu labelling

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Vegan meals

ELC - Grade 1

Pork

MSC-certified fish
MSC-C-54115
- (P) Pork

(B) Beef

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(T) Turkey

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MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 16.11.2026	Tuesday 17.11.2026	Wednesday 18.11.2026	Thursday 19.11.2026	Friday 20.11.2026
eat soup I		Chicken soup with ham "Schöberl" (a, c, k) Energie p.P. 120 kcal	Clear soup with veggie croutons (V) (a, c, h, i) Energie p.P. 167 kcal	Roasted semolina soup (VN) (k) Energie p.P. 88 kcal	Beef stock with ABC noodles and chives (B) (a, c) Energie p.P. 82 kcal
eat soup II		Curry soup with chinese cabbage and tofu (VN) (a, h, k) Energie p.P. 111 kcal	Carrot soup (V) (a, c, i, k) Energie p.P. 213 kcal	Creamy black salsify soup (V) (i) Energie p.P. 168 kcal	Creamy kohlrabi soup (VN) (a, n) Energie p.P. 132 kcal
eat from the favorites	School closed for students Energie p.P. 0 kcal	Chicken gyros with rice and tzatziki (C) (i, n) Energie p.P. 483 kcal	Styrian chicken schnitzel (pumpkin seeds) with risi pisi and lemon slice (C) (a, c) 	Grilled turkeyfilet, vegetables and roasted potato (P) (l) 	Baked pollock with parsley potatos, sauce remoulade and lemon slice (F) (a, c, d, i, l) 
eat from the heart		Carrot-zucchini souffle with mixed beans salad (V) (i) Energie p.P. 312 kcal	Farfalle tricolore "al peperondo" (V) (a, c, i) 	Massamann Curry with bean,cabbage, cauliflower and rice (VN) (a, m) 	Mediterranean vegetable and wheat skillet (VN) (a, k, n) 
eat from the adventure	School closed for students Energie p.P. 0 kcal	Thai veggie wok with tofu and basmati rice (VN) (a, h, m) 	Texas one pot with beans, potatoe and polenta (S) (a, c, i, k, l, n) 	Chicken wok with green beans and jasmin rice (C) (a, h, m, n) Energie p.P. 494 kcal	Falafel with vegetable cous cous and soy-mint yoghurt (VN) (a, h, k) 



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eat dessert	Chia pudding with strawberry sauce (VN) (h) Energie p.P. 83 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 184 kcal	Chocolate coconut cake (V) (a, c, i) Energie p.P. 390 kcal	Yoghurt with peaches (V) (i) Energie p.P. 162 kcal
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MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 23.11.2026	Tuesday 24.11.2026	Wednesday 25.11.2026	Thursday 26.11.2026	Friday 27.11.2026
eat soup I	Clear vegetable soup with spinach "schöberl" (V) (a, c) Energie p.P. 115 kcal	Clear potato soup (VN) (k) 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) Energie p.P. 296 kcal	creamy pumpkin ginger soup (VN) (a, n) Energie p.P. 113 kcal	Creamy celery soup (V) (a, c, 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, c, h, 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. 507 kcal	Spelt apple crumble with vanilla sauce (V) (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. 108 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) 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. 558 kcal	Turkey ragout with herbel rice (T) (i, k, l) Energie p.P. 446 kcal	Spaghetti Bolognese with parmesan (B) (a, c, i, k, n) Energie p.P. 559 kcal
MIX & MATCH					
MIX & MATCH - YOUR TASTE. YOUR BODY. YOUR BOWL.					
Build the bowl that suits your lifestyle.					
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



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 *
- 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