



MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 21.09.2026	Tuesday 22.09.2026	Wednesday 23.09.2026	Thursday 24.09.2026	Friday 25.09.2026
eat soup I	Clear vegetable soup with spinach dumplings and fresh chives (V) (a, c, i) Energie p.P. 145 kcal	Clear vegetable soup with turkey ham Schöberl (topping) (T) (a, c) Energie p.P. 116 kcal	Clear vegetable soup with homemade pasta and fresh chives (V) (a, c) Energie p.P. 49 kcal	Clear vegetable soup with vegetable strips and Eierstich (egg topping) (V) (c, i, k) Energie p.P. 76 kcal	Closed for students Energie p.P. 0 kcal
eat soup II	Creamy fennel soup (V) (a, i, n) Energie p.P. 186 kcal	Coconut cauliflower soup with spinach and chili (VN) Energie p.P. 195 kcal	Creamy chanterelle mushroom soup with fresh herbs (V) (a, i, n) Energie p.P. 165 kcal	Italian Minestrone (V) (a, c, k) Energie p.P. 160 kcal	Closed for students Energie p.P. 0 kcal
eat from the favorites	Potato noodles with vegetables and sunflower seeds (V) (a, c, i) Energie p.P. 452 kcal	Chicken polpetti pomodoro with spiral pasta and fresh basil (C) (a, c, h) Energie p.P. 465 kcal	Rustic Spätzle with turkey ham, mushrooms and leeks (T) (a, c, h, i) Energie p.P. 695 kcal	Chicken drum sticks with risi pisi and gravy (C) Energie p.P. 284 kcal	Closed for students Energie p.P. 0 kcal
eat from the heart	Chana masala with cauliflower, chick peas and rice (VN) (h) Energie p.P. 430 kcal	Roasted bread dumplings with scrambled eggs and small salad (V) (a, c, i, n) Energie p.P. 686 kcal	Gnocchi with vegetables gratinated with mozzarella cheese (V) (a, c, i) Energie p.P. 556 kcal	Melon, chickpeas, pomegranate & spinach salad with tahini dressing (VN) (e, h, m, n) Energie p.P. 666 kcal	Closed for students Energie p.P. 0 kcal
eat from the adventure	Vegetable lentil lasagne with tomtao sauce (V) (a, i, k) Energie p.P. 442 kcal	Chicken skewer with rice and homemade tzatziki (C) (i, l, n) Energie p.P. 410 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	Closed for students Energie p.P. 0 kcal
MIX & MATCH MIX & MATCH - YOUR TASTE. YOUR BODY. YOUR BOWL. Build the bowl that suits your lifestyle.					
eat dessert	Greek yoghurt with honey an nuts (V) (i, j) Energie p.P. 58 kcal	Homemade apple strudel (V) (a, c, h, j) Energie p.P. 242 kcal	Fluffy banana mousse with whol grain cracker (V) (a, c, i) Energie p.P. 177 kcal	Assorted fresh fruit basketwith seasonal fruit (VN) Energie p.P. 184 kcal	Closed for students 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 28.09.2026	Tuesday 29.09.2026	Wednesday 30.09.2026	Thursday 01.10.2026	Friday 02.10.2026
eat soup I	Clear vegetable soup with curd dumplings and chive (V) (a, c, i) Energie p.P. 181 kcal	Clear chicken soup with noodles (C) (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 (B) (a, c) Energie p.P. 82 kcal
eat soup II	Creamy bean soup (VN) (n) Energie p.P. 155 kcal	Curry soup with chinese cabbage and tofu (VN) (a, h, k) Energie p.P. 111 kcal	Creamy carrot soup with croutons (V) (a, c, i, k) Energie p.P. 213 kcal	Salsify cream soup (V) (i) Energie p.P. 168 kcal	Cream soup of turnip (VN) (a, n) Energie p.P. 132 kcal
eat from the favorites	Bread-veggie dumplings with champignon sauce (V) (a, c, i, k, n) Energie p.P. 597 kcal	Hascheehörnchen - Pasta with ground beef, veggies and side salad (B) (a, c, k, n) Energie p.P. 706 kcal	Turkey cordon bleu with risi pisi (T) (a, c, i) Energie p.P. 780 kcal	Fruit dumplings coated with butter-breadcrumbs, served with apricotstew (V) (a, c, i) Energie p.P. 642 kcal	Grilled trout fillet with vegetables and herb rice (F) (a, d) Energie p.P. 594 kcal
eat from the heart	Oven fried fennel with tofu and quinoa (VN) (a, h, k) Energie p.P. 518 kcal	Carrot zucchini gratin with pickeld veggies and cheese (V) (i) Energie p.P. 442 kcal	Farfalle tricolore "al peperondo" (V) (a, c, i) Energie p.P. 448 kcal	Massamann Curry with string beans, cabbage, cauliflower and rice (VN) (a, m) Energie p.P. 603 kcal	Falafel with veggies, cous cous and soy jogurt (VN) (a, h, k) Energie p.P. 567 kcal
eat from the adventure	Picatta aubergine with tomatoragout and pappardelle noodles (V) (a, c, i) Energie p.P. 527 kcal	Thai vegetable wok with basmati rice (VN) (a, h, m) Energie p.P. 530 kcal	Bean stew "Texas style" with polenta (P) (a, c, i, k, l, n) Energie p.P. 698 kcal	Beef stew with hash browns, carrots and peas (B) (a, i, l, n) Energie p.P. 675 kcal	Chicken with vegetables and jasmin rice (C) (h, l, m) Energie p.P. 542 kcal
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eat dessert	Homemade apple strudel (V) (a, c, h, j) Energie p.P. 242 kcal	Vanilla pudding with raspberry sauce (V) (i) Energie p.P. 137 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) (c, i) Energie p.P. 179 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 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
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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



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	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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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
MIX & MATCH					
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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

MIX & MATCH

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