

MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 31.08.2026	Tuesday 01.09.2026	Wednesday 02.09.2026	Thursday 03.09.2026	Friday 04.09.2026
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 (topping) (C) (a, c, i, k) 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 Schöberl (topping) (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	Oven-baked vegetable enchilada served with mixed leaf salad and a herb yogurt dip (V) (a, i, k) Energie p.P. 666 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 fried chicken strips on fresh mixed salad (C) (a, l, n) Energie p.P. 487 kcal	Ham pasta with mixed side salad (T) (a, n) Energie p.P. 503 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	Rice dish with peas, beans and spring onions (VN) (a, h, m, n) Energie p.P. 435 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	Fried noodles with tender chicken and fresh veggies (C) (a, h, m, n) Energie p.P. 441 kcal	Grilled sesame-polenta with chickpea-vegetables (VN) (a, 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. 513 kcal

**MIX &
MATCH**

MIX & MATCH - YOUR TASTE. YOUR BODY. YOUR BOWL.

Build the bowl that suits your lifestyle.

eat dessert	Cheesecake with blueberrys (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 fruity apricot puree (V) (i) Energie p.P. 91 kcal	Fresh made fruit salad with creamy mint-yoghurt (V) (i) Energie p.P. 94 kcal
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sodexo*

Contact information:

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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

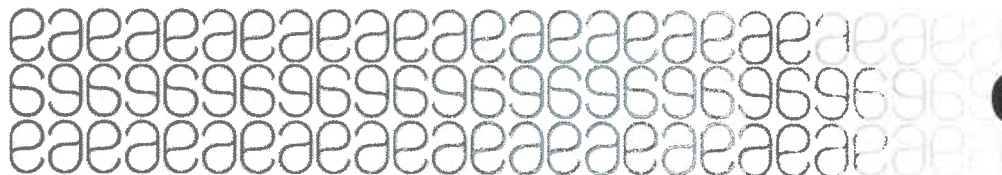


Pork



MSC-certified fish
MSC-C-54115

(P) Pork
(B) Beef
(C) Chicken
(T) Turkey
(F) Fish



MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 07.09.2026	Tuesday 08.09.2026	Wednesday 09.09.2026	Thursday 10.09.2026	Friday 11.09.2026
eat soup I	Clear vegetable soup with spinach biscuits (V) (a, c) Energie p.P. 72 kcal	Chicken soup with vegetables and fried batter pearls (C) (a, c, i, k) Energie p.P. 49 kcal	Clear vegetable soup with cheese dumplings (V) (a, c, i) Energie p.P. 80 kcal	Clear vegetable soup with herb croutons (V) (a, c, i) Energie p.P. 67 kcal	Beef soup with puntalette (pasta) and fresh chives (B) Energie p.P. 31 kcal
eat soup II	Creamy mushroom soup (VN) (a, n) Energie p.P. 169 kcal	Summery gazpacho with strawberries (VN) Energie p.P. 61 kcal	vegetable curry soup with glass noodles (VN) (a, h, k, m, n, p) Energie p.P. 142 kcal	Creamy apple celery soup (V) (a, k) Energie p.P. 113 kcal	Zuppa mille fanti (rustic Italian bread soup) (V) (a, c, i) Energie p.P. 200 kcal
eat from the favorites	Zucchini potato fritters with yoghurt dip and salad (V) (a, c, i, n) Energie p.P. 381 kcal	Potato dumpling stuffed with turkey ham, served with sauerkraut and gravy (T) (a, c, n) Energie p.P. 388 kcal	Chicken cordon bleu with spinach-mozzarella stuffing and roasted potatoes (C) (a, c, i, n) Energie p.P. 542 kcal	Beef goulash with boiled egg, sausage, pickles and bread dumpling (B/P) (a, c, i, l, n) Energie p.P. 937 kcal	Fish curry made from tilapia with fragrant jasmin rice and fresh coriander (F) (d, n) Energie p.P. 475 kcal
eat from the heart	Pasta with tomato-green beans ragout (VN) (a) Energie p.P. 325 kcal	Potato-tofu goulash with wholemeal bread (VN) (a, h, k) Energie p.P. 334 kcal	Bulgur patties with summer salad and homemade tzatziki (V) (a, c, i, n) Energie p.P. 393 kcal	Baked potato with chili sin carne (V) (i) Energie p.P. 350 kcal	Arugola-feta dumplings with creamy vegetables (V) (a, c, i) Energie p.P. 670 kcal
eat from the adventure	Paella with saffron, vegetables and crispy tofu (VN) (a, h, m) Energie p.P. 562 kcal	Texas bowl with, corn, beans, beef and homemade salsa (B) Energie p.P. 630 kcal	Penne with arugola-lemon pesto, tomatoes and olives (VN) (a) Energie p.P. 681 kcal	Sweet potatoes served with nectarines and chia-vinaigrette (VN) (a, h, k) Energie p.P. 393 kcal	Cevapcici with tomato rice and ajvar (P/B) (a, c, h) Energie p.P. 522 kcal
MIX & MATCH MIX & MATCH - YOUR TASTE. YOUR BODY. YOUR BOWL. Build the bowl that suits your lifestyle.					
eat dessert	Lime quark mousse with raspberry sauce (V) (i) Energie p.P. 126 kcal	Styrian apple "tiramisu" (V) (a, c, i) Energie p.P. 442 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 184 kcal	Swiss roll with apricot jam (V) (a, c) Energie p.P. 266 kcal	Carrot-walnut cake with lime frosting (V) (a, c, i, i) Energie p.P. 236 kcal



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Menu labelling



Vegetarian meals



Vegan meals



ELC - Grade 1

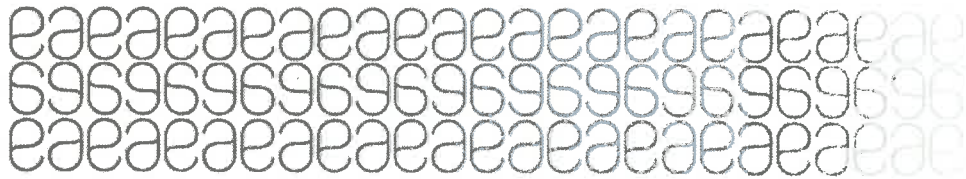


Pork



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MSC-C-54115

(P) Pork
(B) Beef
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(T) Turkey
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MENU PLAN VIENNA INTERNATIONAL SCHOOL



	Monday 14.09.2026	Tuesday 15.09.2026	Wednesday 16.09.2026	Thursday 17.09.2026	Friday 18.09.2026
eat soup I	Clear fennel soup (V) (k) Energie p.P. 70 kcal	Clear vegetable soup with Spätzle (topping) (V) (a, c, i, k) Energie p.P. 114 kcal	Clear vegetable soup with savory quark dumplings (V) (a, c, i) Energie p.P. 144 kcal	Clear vegetable soup with ebly and vegetable strips (V) (a, k) Energie p.P. 69 kcal	Clear vegetable soup with semolina fritters (topping) (V) (a, c, i) Energie p.P. 75 kcal
eat soup II	Creamy leek tomato soup (VN) (n) Energie p.P. 108 kcal	Creamy turnip soup (V) (a, i, n) Energie p.P. 142 kcal	Savory bell pepper and bean soup with bacon (P) Energie p.P. 228 kcal	Asian fish broth with sesame oil and fresh coriander (F) (a, d, h, m) Energie p.P. 56 kcal	Creamy parsley soup (V) (i) Energie p.P. 212 kcal
eat from the favorites	Millet-polenta patties with sautéed zucchini (V) (a, c, k) Energie p.P. 373 kcal	Stuffed bell pepper with tomato sauce and potatoes (B/P) (c, k) Energie p.P. 455 kcal	Turkey schnitzel "hawaii" with long grain rice (T) (h, i) Energie p.P. 539 kcal	Lasagna bolognese with tomato ragout and small salad (B) (a, i, k, n) Energie p.P. 511 kcal	Grilled pike perch with roasted veggies and parsley potatoes (F) (d, k) Energie p.P. 420 kcal
eat from the heart	Pasta arrabiatta with small salad (VN) (a, k, n) Energie p.P. 372 kcal	Lentils in coconut milk with broccoli and sweet potatoes (VN) (h, j, m, n) Energie p.P. 487 kcal	Pesto-tortellini mediterranean style (V) (a, c, i) Energie p.P. 454 kcal	Apricot dumplings with strawberry sauce (V) (a, c, i) Energie p.P. 724 kcal	Austrian-style egg noodles with scrambled eggs and small salad (V) (a, c, i, n) Energie p.P. 802 kcal
eat from the adventure	Spinach dumplings with brown butter, grana and fresh chives (V) (a, c, i, n) Energie p.P. 643 kcal	Eierschwammerlgröstl - pan fried potatoes with chanterelle and small sald (VN) (n) Energie p.P. 265 kcal	Poke bowl with smoked tofu, avocado and sweet soja dip (VN) (a, e, h, m, n) Energie p.P. 585 kcal	Chicken teriyaki with broccoli and basmati rice (C) (a, h, k, m, n) Energie p.P. 396 kcal	Apple & kohlrabi salad with romana lettuce, pumpernickel mayo and roasted asparagus (VN) Energie p.P. 372 kcal



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eat dessert	Chia pudding with fruit salad (VN) (h) Energie p.P. 80 kcal	Apple crumble cake (V) Energie p.P. 338 kcal	Assorted fresh fruit basket with seasonal fruit (VN) Energie p.P. 184 kcal	Honey cake with poppy seeds and cherries (V) (a, c, i) Energie p.P. 291 kcal	Lemoncurd with cinnamon crumble (V) (a, c, i) Energie p.P. 170 kcal
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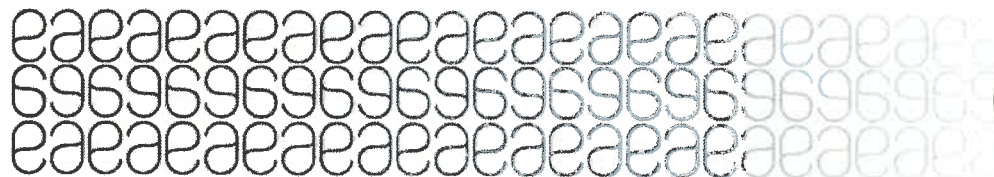


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	Monday 21.09.2026	Tuesday 22.09.2026	Wednesday 23.09.2026	Thursday 24.09.2026	Friday 25.09.2026
eat soup I	Clear vegetable soup with spinach dumplings and fresh chives (V) (a, c, i, n) Energie p.P. 145 kcal	Clear vegetable soup with turkey ham Schöberl (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) (c, i, k) Energie p.P. 76 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, n) Energie p.P. 160 kcal	
eat from the favorites	Potato noodles with vegetables and walnuts (V) (a, c, i) Energie p.P. 452 kcal	Polpetti pomodoro with spiralli pasta and fresh basil (B/P) (a, c, i, n) Energie p.P. 620 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) (n) Energie p.P. 284 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, n) Energie p.P. 556 kcal	Melon, chickpeas, pomegranate & spinach salad with tahini dressing (VN) (e, h, m, n) Energie p.P. 666 kcal	
eat from the adventure	Vegetable lentil lasagne with tomtao sauce (V) (a, i, k, n) Energie p.P. 442 kcal	Souvlaki skewer with rice and homemade tzatziki (P) (i, n) Energie p.P. 483 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	
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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	



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