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 dumlings 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	MIX & MATCH - YOUR TASTE. YOUR BODY. YOUR BOWL. Build the bowl that suits your lifestyle.				
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

sodexo

Contact information:

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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 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) Energie p.P. 801 kcal	Grilled turkeyfilet, vegetables and roasted potato (P) (l) Energie p.P. 537 kcal	Baked pollock with parsley potatos, sauce remoulade and lemon slice (F) (a, c, d, i, l) Energie p.P. 761 kcal
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) Energie p.P. 448 kcal	Massamann Curry with bean,cabbage, cauliflower and rice (VN) (a, m) Energie p.P. 603 kcal	Mediterranean vegetable and wheat skillet (VN) (a, k, n) Energie p.P. 358 kcal
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) Energie p.P. 530 kcal	Texas one pot with beans, potatoe and polenta (S) (a, c, i, k, l, n) Energie p.P. 698 kcal	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) Energie p.P. 567 kcal
MIX & MATCH		MIX & MATCH - YOUR TASTE. YOUR BODY. YOUR BOWL. Build the bowl that suits your lifestyle.			
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

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