

# MENU PLAN VIENNA INTERNATIONAL SCHOOL

27.09.2021 bis 01.10.2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Maroccan Veggie Soup Chick Peas •	Chicken Broth • Turkey Ham - Biscuits	Beef Broth • Broccoli - Spelt Biscuit	Broccoli-Cream Soup	Semolina Soup Veggie Strips
<b>MAIN DISH 1</b>	Penne Rigate á la Primavera Basil Tomato Sauce	Esterhazy Beef Goulash Bread Roll	Spaghetti Bolognese Parmesan Broccoli	Gratinated Chicken Cannelloni Green Beans	"Calamari Fritti" Lemon Grass Aioli • Salad
<b>MAIN DISH 2</b>	Griechischer Chick Pea Hotpot • Tomatoes • Feta • Bio - Orange Zest • Fresh Oregano	Turkish Pide Ground Beef • Tomatoes • Mint Yoghurt	"Chicken Channa" Indian Chicken Curry • Chick Peas • Pfefferoni • Tomato - Coconut Sauce • Basmati Rice	"Chili Beef Tacos" Chipotle Sauce • Salad • Quinoa • Manchego • Quail Beans	Bifteki me feta • Greek Beef Patties - Feta Filling Carrots
<b>VEGETARIAN ALTERNATIVE</b>	Gratinated Spinach Pancake • Sour Cream • Chive Dip	"Spanaki sto fourno" • Greek Spinach- & Rice Gratin	Veggie Strudel Salad Garnish Dill -Yoghurt Dip	Ricotta - Spinach Tortellini Mascarponbe - Leek Sauce Basil	Gyosas • Asia Salad • Sesame - Soyasauce

Our trained member of staff, Unit Manager Andrew Warren and his deputy Andi Wolf will be happy to inform you about allergens in our ingredients and products.  
If you have any questions, please feel free to contact us under phone 0676/884 882 24 or mail [andrew.warren@eurest.at](mailto:andrew.warren@eurest.at)

HERE YOU EAT REALLY

FRESH

# MENU PLAN VIENNA INTERNATIONAL SCHOOL

04.10.2021 bis 08.10.2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Vegetable Broth • Veggie Strips • Mushrooms	Beef Soup • Noodles • Lovage	Beef Broth • Semolina Strudel	Arabian Chick Pea Soup • Spinach • Fresh Mint • Feta	Maroccan Vegetable Soup • Baked Peas
<b>MAIN DISH 1</b>	Spaghetti • Veggie Sauce • Roasted Sunflower Seeds • Broccoli	Fried Chicken Schnitzel • Parsley Potatoes • Fresh Carrots	Beef Polpetti • Ratatouille • Buttered Potatoes	Austrian Style Pasta Flakes • Turkey ham Zucchini - Tomato Veggies	Döner Kebab • Rice • Salad
<b>MAIN DISH 2</b>	Tortilla Wrap • Pesto Beans • Beetroot Hummus	"Panang Nya" Thai Beef Strips • Coconut • Thai Basil	Chicken & Bean Hotpot • Bread Roll	Grilled Pikeperch Fillet • Radicchio-Tomato-Ebly • Light Cream Sauce	Moussaka • Ground Beef • Broccoli
<b>VEGETARIAN ALTERNATIVE</b>	Potato Gratin • Mushrooms • Warm Herb Sauce	Red Lentil Hotpot • Fresh Herbs Rice	Bulgur Patties • Creamy Cabbage	Baked Potato • Chili Beans • Cheddar • Sour Cream • Guacamole	Bulgur-Sauté • Oyster Mushrooms • Parsnips

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# MENU PLAN VIENNA INTERNATIONAL SCHOOL

11.10.2021 bis 15.10.2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Vegatable Broth • Noodles • Veggie Strips	Clear Vegetable Soup • Brown Rice • Peas	Chicken Broth • Barley • Rosemary	Pumpkin Cream Soup • Roasted Pumpkin Seeds	Beef Broth • Pea Biscuits
<b>MAIN DISH 1</b>	Ricotta Tortelloni • Tomato Sauce • Broccoli	"Greek Burger" • Beef • Tomato • Feta • Black Olive • Oregano • Red Onion • Roast Potato	Chicken Wings • Basmati Rice • Spicy Zucchini Chili	Penne Pasta • Carbonara Sauce • Fresh Carrots	Fried Seabass Fillet • Cornflakes - Breading • Parsley Potatoes • Peas
<b>MAIN DISH 2</b>	Baked Potato • Orange Lentils • Vegan Humus Dip	"Gang Garee Gai" • Yellow Chicken Curry • Jasmin Rice	Tilapia Fish Fillet • Lemon - Thyme - Sauce • Autumn Veggies • Brown Rice	Cajun Grilled Turkey Breast • Saffron Sauce • Basmati Rice	Braised Beef • Parsnip Sauce • Hash Browns
<b>VEGETARIAN ALTERNATIVE</b>	Celery Risotto • Black Olives • Radishes • Ricotta • Parmesan Cracker	"Buddha Bowl" • Roast Cauliflower Curry • Carrot Sticks • Red Cabbage • Boiled Egg	"Maroccan Style" • Chick Pea Hotpot • Farmer's Bread	Pumpkin Lasagne • Herb Dip • Salad	Sautéed Gnocchi • Peas - Mint Pesto • Beef Tomato

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# MENU PLAN VIENNA INTERNATIONAL SCHOOL

18.10.2021 bis 22.10.2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Vegetable Broth • Vegan Pea Biscuits	Beef Broth • Mushroom Biscuit • Chives	White Chicken Soup	Chicken Soup • Baked Peas • Chives	Onion Soup
<b>MAIN DISH 1</b>	Veggie Patties Salad - Tzatziki	Boiled Beef Brisket Hash Browns - Cream Spinach, Chive Sauce und Apple Horseradish	Beef - Lasagne • Tomato - Basil Sauce	Beef Tortelloni Tomato - Basil Sauce	Chicken Cordon Bleu • Edam • Turkey Ham • Parsley - Potatoes
<b>MAIN DISH 2</b>	Fusili with Chick Peas - Leaf Spinach, Zucchini & Melanzane	Turkey - Polpetti • Curry Sauce • Jasmin Rice	Chicken Samosa	Moussaka • Tzatziki	Grilled Dory Fillet • Brown Butter Rice
<b>VEGETARIAN ALTERNATIVE</b>	Garlic Leaf - Spinach Dumpling Horseradish Cream Sauce	Vegetarian Burrito Guacamole	Gnocchi Gorgonzola Sauce • Freshly Grated Grana	"Kolokithokeftedes" Greek Zucchini - Potato Patties •	Deep Fried Mushrooms • Tartare Sauce • Buttered Poatoes

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