

yummy 😊

MENU PLAN

vienna international school

26.08-30.8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN DISH 1

Orientation

Kcal/BU

Day

MAIN DISH 2

Kcal/BU

VEGETARIAN ALTERNATIVE

Kcal/BU

Clear Beef Soup
Ham and Leek Cakes



xxx

BBQ Chicken
with Rice
& Zucchini (ELC)

 351/3



xxx

Tangy Beef Curry
"Thai Style"
with Egg Noodles

 425/3 

xxx



Filled Hash Browns
with Cottage Cheese

 & Salad 
364/2

Clear Vegetable Soup
with Egg Flakes



xxx

Penne
with Tomato Sauce
and Green Beans (ELC)

 522/3 


xxx

Carrot & Leek Soufflé
with Fresh Basil
and Crispy Salad

 578/5 

xxx

Vegetarian
Potato Goulash

with a Bread Roll 
415/4

Beef Soup
with Semolina Dumplings


xxx

Beef Burger
with Coleslaw
& Potato Wedges (ELC)

 420/3 



xxx

Chicken Tikka Masala
with Pilaw Rice
and Pita Bread

351/3 

xxx

Gratinated Cauliflower
with Cheese

and Salad 
 320/1

Clear Vegetable Soup
with Pancake Strips

xxx

Deep Fried Turkey
"Schnitzel"
Potatoes & Broccoli (ELC)

 390/3 



xxx

Strips of Turkey
in Coconut Curry Sauce
with Bulgur

 522/3

xxx

Tomato Gnocchi
with Basil Sauce

and Ruccola 
 432/3

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If you have any questions, please feel free to contact us under phone 0676-884 882 24 or mail andrew.warren@eurest.at



Contains Wheat



Contains Cow's Milk



Vegetarian

yummy 😊

MENU PLAN

vienna international school

02.09-06.09
SOUP

MONDAY

Clear Beef Soup
with Noodles

xxx

TUESDAY

Clear Vegetable Soup
with Baked Peas

xxx

WEDNESDAY

Clear Beef Soup
with Pasta Stars

xxx

THURSDAY

Rice Soup
with Tomatoes

xxx

FRIDAY

Clear Vegetable Soup
with Pea Cakes

xxx

MAIN DISH 1

Spaghetti Bolognese
with Parmesan
& Carrots (ELC)



Tender Chicken Breast
& Paprika Cream Sauce
and Rice (ELC)

Maccheroni Noodles
with Veggie Sauce
and Broccoli (ELC)

Chicken Wings
with Rice & Broccoli
and Cocktail Sauce (ELC)

Fish Fingers
with Potatoes
and Peas (ELC)


Kcal/BU

 748/4 

 735/3

 437/3 

 400/3 

400/3 

xxx

xxx

xxx

xxx

xxx

MAIN DISH 2

Chicken Biriyani
with Saffron Rice
& Mango Chutney

Marinated Beef Strips
with Asia Vegetable
and Noodles

Vegetarian Spring
Roll with Spicy
Cabbage Salad



Grilled Dory Fillet
with Bulgur
and Saffron Sauce

Gratinated Moussaka
with Mediterranean Pesto
and Salad

Kcal/BU

 384/2,7

 401/3,5

 360/3 

 491/3,5

 524/5

xxx

xxx

xxx

xxx

xxx

**VEGETARIAN
ALTERNATIVE**

Tenderwheat and Mushroom
Risotto



Sautéed Cottage Cheese
"Ravioli"



Vegetables Strudel
with Sour Cream



New Potato Sauté
with Young Vegetables

Tasty Spinach and Ricotta
Gnocchi



Kcal/BU

with Cherry Tomatoes
 258/4 

with Tomato Sauce
 356/3,5 

and Salad
 440/5 

& Salad
 321/2

with Carrot Salad
 459/4 

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MENU PLAN

vienna international school

09.09-13.09
SOUP

MONDAY

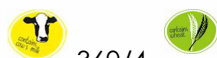
Clear Soup
Rice & Peas

xxx

MAIN DISH 1

Spaghetti Carbonara
with Turkey Ham
& Green Beans (ELC)

Kcal/BU



360/4

xxx

MAIN DISH 2

Chicken Gratinated
with Mozzarella &
served with Rice

Kcal/BU



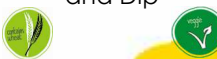
396/2

xxx

**VEGETARIAN
ALTERNATIVE**

Vegetable Nuggets
with Boiled Potatoes

Kcal/BU



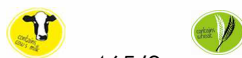
321/3

TUESDAY

Clear Soup
with Vegetables

xxx

Mushroom Chicken
with Rice
and Sweetcorn (ELC)



465/3

xxx

Fried Calamari
with Parsley Potatoes

and Dip

450/4

xxx

Gratinated Sesame Tofu
with Tomato & Cheese

on Vegetable Egg Noodles

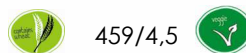
461/5

WEDNESDAY

Clear Soup
with Tarhonya

xxx

Pizza Napolitana
with Mozzarella
(ELC)



459/4,5

xxx

Mexican Bean Tortilla
with Avocado Dip

& Sour Cream

320/2

xxx

Pumpkin Risotto
with Parmesan

and Ruccola

432/3



Contains Wheat

THURSDAY

Clear Soup
with Profiteroles

xxx

"Schinkenfleckerl"
Pasta and Turkey Ham
& Cucumber Salad (ELC)



530/5

xxx

Thai Red Chicken Curry
with Coconut

Asian Vegetables & Noodles

326/2

xxx

Feta Tortelloni
in Olive-Tomato Sauce

with Salad

494/5

Contains Cow's Milk

FRIDAY

Clear Soup
with Noodles

xxx

Chicken Schnitzel
with Potatoes
and Peas (ELC)



400/3

xxx

Grilled Dory Fillet
on Leaf Spinach

with Bulgur

368/1,2

xxx

Broccoli Canneloni
in Mascarpone Sauce

318/3

Vegetarian

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MENU PLAN

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16.09-20.09
SOUP

MONDAY

Clear Chicken Soup
with Noodles

xxx

MAIN DISH 1

Spaghetti Bolognese
with Parmesan
& Carrots (ELC)

Kcal/BU



411/5

xxx

MAIN DISH 2

Sesame Chicken
in Rice Nest
with Braised Leek

Kcal/BU



489/2

xxx

VEGETARIAN
ALTERNATIVE

Hash Browns
with Leaf Spinach
and Mozzarella

Kcal/BU



403/3,8



TUESDAY

Clear Zucchini
& Pumpkin Soup

xxx

Chicken Picatta
with Rice, Zucchini
and Leek Sauce (ELC)

465/3

xxx

Boiled Beef
with Hash Browns
and Pumpkin

645/3,5

xxx

Vegetarian "Chop Suey"
with Beansprouts

& Fried Egg Noodles

642/4



WEDNESDAY

Clear Vegetable Soup
Pancake Strips

xxx

Pasta Bake
with Tomato-Basil Sauce
& Cheese (ELC)

685/4,5

xxx

Deep Fried Zucchini
with Parsley Potatoes
and Dip

315/2,4

xxx

Greek Vegetable Hot Pot
with Feta, Olives

and wholemeal Bread

219/2,5



THURSDAY

Clear Vegetable Soup
with Profiteroles

xxx

Beef Goulash
with a Bread Roll
and Brussel Sprouts (ELC)

765/3

xxx

Turkey Steak "Hawaii"
with Rice &
Fresh Wok Vegetables

401/3,5

xxx

Mexican Bean Tortilla
with Avocado Dip

& Sour Cream

320/2



FRIDAY

Clear Soup
with Vegetables

xxx

Chicken Nuggets
with Potato
and Sweetcorn (ELC)

465/3

xxx

Grilled Tilapia Fillet
with Lemon Sauce
and Rice

487/4

xxx

Broccoli "Gratin"
with Mozzarella

and Basil Dip

438/3,5



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MENU PLAN

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23.09-27.09
SOUP

MONDAY

Clear Soup
with Baked Peas

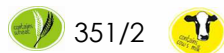
xxx

MAIN DISH 1

Beef Tortelloni
in Paprika Cream

with Peas (ELC)

Kcal/BU



351/2

xxx

MAIN DISH 2

Marinated Beef Strips
with Asia Vegetable
and Tortillas



Kcal/BU

401/3,5

xxx

VEGETARIAN

Spinach & Feta Strudel

ALTERNATIVE

with Yoghurt Sauce

Kcal/BU



329/2,4

TUESDAY

Clear Soup
with Noodles

xxx

Greek Gyros
with Chicken

Rice & Carrots (ELC)

342/1,5

xxx

Cheese & Turkey Ham
Wraps
with Salad



420/4

xxx

Marrocan Cous-Cous

with Parmesan

321/3

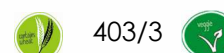
WEDNESDAY

Clear Soup
with Rice

xxx

Maccheroni Cheese
with Parmesan

& Green Beans (ELC)



403/3

xxx

Baked Potato
with Ratatouille
and Sour Cream



432/3

xxx

Fried Vegetable Nuggets

with Salad & Dip



438/3

THURSDAY

Clear Soup
with Profiteroles

xxx

Beef Polpetti
with Mashed Potato

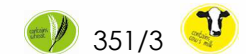
and Broccoli (ELC)



420/2

xxx

Chicken Tikka Masala
with Pilaw Rice
and Pita Bread

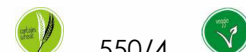


351/3

xxx

Gnocchi

with Tomato-Basil Sauce



550/4

FRIDAY

Public

Holiday

No

School

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