

# Flavour Kitchen | Flavour Kitchen Basel

## Flavour Kitchen Pasta

### 01. to 07.08.2022

For the digital meal plan with further details, scan the QR-Code!



|                          | Monday                                                                                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                                                                                                             |
|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Flavour Kitchen Solo     | <b>«Flavour-Kitchen» hausgemachte Pasta, Solognese</b><br><br>                                                                                             | <b>«Flavour-Kitchen» hausgemachte Pasta, Solognese</b><br><br>                                                                                             | <b>«Flavour-Kitchen» hausgemachte Pasta, Solognese</b><br><br>                                                                                             | <b>«Flavour-Kitchen» hausgemachte Pasta, Solognese</b><br><br>                                                                                               | <b>«Flavour-Kitchen» hausgemachte Pasta, Solognese</b><br><br>                                                                                               |
| Flavour Kitchen Bolo     | <b>«Flavour-Kitchen» hausgemachte Pasta, Rindfleisch-Bolognese, gehobelter...</b><br><br>                                                                                                                                                   | <b>«Flavour-Kitchen» hausgemachte Pasta, Rindfleisch-Bolognese, gehobelter...</b><br><br>                                                                                                                                                   | <b>«Flavour-Kitchen» hausgemachte Pasta, Rindfleisch-Bolognese, gehobelter...</b><br><br>                                                                                                                                                   | <b>«Flavour-Kitchen» hausgemachte Pasta, Rindfleisch-Bolognese, gehobelter...</b><br><br>                                                                                                                                                       | <b>«Flavour-Kitchen» hausgemachte Pasta, Rindfleisch-Bolognese, gehobelter...</b><br><br>                                                                                                                                                       |
| Flavour Kitchen Pomodoro | <b>«Flavour-Kitchen» hausgemachte Pasta, Tomatensauce</b><br><br>   | <b>«Flavour-Kitchen» hausgemachte Pasta, Tomatensauce</b><br><br>   | <b>«Flavour-Kitchen» hausgemachte Pasta, Tomatensauce</b><br><br>   | <b>«Flavour-Kitchen» hausgemachte Pasta, Tomatensauce</b><br><br>   | <b>«Flavour-Kitchen» hausgemachte Pasta, Tomatensauce</b><br><br>   |
| Flavour Kitchen Pesto    | <b>«Flavour-Kitchen» hausgemachte Pasta, Pesto, gehobelter Käse,</b><br><br>                                                                                                                                                              | <b>«Flavour-Kitchen» hausgemachte Pasta, Pesto, gehobelter Käse,</b><br><br>                                                                                                                                                              | <b>«Flavour-Kitchen» hausgemachte Pasta, Pesto, gehobelter Käse,</b><br><br>                                                                                                                                                              | <b>«Flavour-Kitchen» hausgemachte Pasta, Pesto, gehobelter Käse,</b><br><br>                                                                                                                                                                  | <b>«Flavour-Kitchen» hausgemachte Pasta, Pesto, gehobelter Käse,</b><br><br>                                                                                                                                                                  |
| Flavour Kitchen Cinque   | <b>«Flavour-Kitchen» hausgemachte Pasta, Cinque P, gehobelter Käse,</b><br><br>                                                                                                                                                           | <b>«Flavour-Kitchen» hausgemachte Pasta, Cinque P, gehobelter Käse,</b><br><br>                                                                                                                                                           | <b>«Flavour-Kitchen» hausgemachte Pasta, Cinque P, gehobelter Käse,</b><br><br>                                                                                                                                                           | <b>«Flavour-Kitchen» hausgemachte Pasta, Cinque P, gehobelter Käse,</b><br><br>                                                                                                                                                               | <b>«Flavour-Kitchen» hausgemachte Pasta, Cinque P, gehobelter Käse,</b><br><br>                                                                                                                                                               |

Any changes to individual menu components will be communicated in writing directly at the food counter. If you are unsure about allergens or require further information, you can contact our staff at any time.



Discover the climate impact of meals...

#### Climate Impact

- High
- Medium
- Low



#### Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.

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|                          | Saturday                                                                                                                                                                                                                                                                                                                     | Sunday                                                                                                                                                                                                                                                                                                                           |
|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Flavour Kitchen Solo     | <p>«Flavour-Kitchen» hausgemachte Pasta, Solognese</p> <p> </p>                                                                                            | <p>«Flavour-Kitchen» hausgemachte Pasta, Solognese</p> <p> </p>                                                                                              |
| Flavour Kitchen Bolo     | <p>«Flavour-Kitchen» hausgemachte Pasta, Rindfleisch-Bolognese, gehobelter Käse,</p> <p></p>                                                                                                                                                | <p>«Flavour-Kitchen» hausgemachte Pasta, Rindfleisch-Bolognese, gehobelter Käse,</p> <p></p>                                                                                                                                                    |
| Flavour Kitchen Pomodoro | <p>«Flavour-Kitchen» hausgemachte Pasta, Tomatensauce</p> <p>  </p> | <p>«Flavour-Kitchen» hausgemachte Pasta, Tomatensauce</p> <p>  </p> |
| Flavour Kitchen Pesto    | <p>«Flavour-Kitchen» hausgemachte Pasta, Pesto, gehobelter Käse,</p> <p></p>                                                                                                                                                              | <p>«Flavour-Kitchen» hausgemachte Pasta, Pesto, gehobelter Käse,</p> <p></p>                                                                                                                                                                  |
| Flavour Kitchen Cinque   | <p>«Flavour-Kitchen» hausgemachte Pasta, Cinque P, gehobelter Käse,</p> <p></p>                                                                                                                                                           | <p>«Flavour-Kitchen» hausgemachte Pasta, Cinque P, gehobelter Käse,</p> <p></p>                                                                                                                                                               |

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