

Grosse Schanze | SNVF Generalversammlung

SFNV-Generalversammlung

29.12.36 to 04.01.2037

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



	Monday	Tuesday	Wednesday	Thursday	Friday
Menu	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung
Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)
NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli
Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse
Miso Blumenkohlsuppe (vegan)	Miso Blumenkohlsuppe (vegan)	Miso Blumenkohlsuppe (vegan)	Miso Blumenkohlsuppe (vegan)	Miso Blumenkohlsuppe (vegan)	Miso Blumenkohlsuppe (vegan)
Tzatziki, Fenchel, Pinsa Bread (vegan)	Tzatziki, Fenchel, Pinsa Bread (vegan)	Tzatziki, Fenchel, Pinsa Bread (vegan)	Tzatziki, Fenchel, Pinsa Bread (vegan)	Tzatziki, Fenchel, Pinsa Bread (vegan)	Tzatziki, Fenchel, Pinsa Bread (vegan)

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	
Menu SFNV-Generalversammlung Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya Bites I Daikon I NewRoots Cheese Pie (vegan) Miso Cauliflower soup (vegan) Tzatziki I Fennel I Pinsa Bread (vegan)	Menu SFNV-Generalversammlung Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse Miso Blumenkohlsuppe (vegan) Tzatziki, Fenchel, Pinsa Bread (vegan)	Menu SFNV-Generalversammlung Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse Miso Blumenkohlsuppe (vegan) Tzatziki, Fenchel, Pinsa Bread (vegan)	Menu SFNV-Generalversammlung Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse Miso Blumenkohlsuppe (vegan) Tzatziki, Fenchel, Pinsa Bread (vegan)

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	Monday	Tuesday	Wednesday	Thursday	Friday
Sauce Baked potatoes Autumn vegetables... Mixed Salads Plant-based Steaks Spätzli Seitangulasch Dattel Snicker (vegan) Brownie hemp	Salatvariation High Medium Low Proteins Carbohydrates Vegetables & Fruits	Salatvariation High Medium Low Proteins Carbohydrates Vegetables & Fruits	Salatvariation High Medium Low Proteins Carbohydrates Vegetables & Fruits	Salatvariation High Medium Low Proteins Carbohydrates Vegetables & Fruits	Salatvariation High Medium Low Proteins Carbohydrates Vegetables & Fruits
	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) High Medium Low Proteins Carbohydrates Vegetables & Fruits	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) High Medium Low Proteins Carbohydrates Vegetables & Fruits	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) High Medium Low Proteins Carbohydrates Vegetables & Fruits	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) High Medium Low Proteins Carbohydrates Vegetables & Fruits	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) High Medium Low Proteins Carbohydrates Vegetables & Fruits
	Fusilli Yumame High Medium Low Proteins Carbohydrates Vegetables & Fruits	Fusilli Yumame High Medium Low Proteins Carbohydrates Vegetables & Fruits	Fusilli Yumame High Medium Low Proteins Carbohydrates Vegetables & Fruits	Fusilli Yumame High Medium Low Proteins Carbohydrates Vegetables & Fruits	Fusilli Yumame High Medium Low Proteins Carbohydrates Vegetables & Fruits
	Seitangulasch Spätzli Miso-Wirsing (vegan) High Medium Low Proteins Carbohydrates Vegetables & Fruits	Seitangulasch Spätzli Miso-Wirsing (vegan) High Medium Low Proteins Carbohydrates Vegetables & Fruits	Seitangulasch Spätzli Miso-Wirsing (vegan) High Medium Low Proteins Carbohydrates Vegetables & Fruits	Seitangulasch Spätzli Miso-Wirsing (vegan) High Medium Low Proteins Carbohydrates Vegetables & Fruits	Seitangulasch Spätzli Miso-Wirsing (vegan) High Medium Low Proteins Carbohydrates Vegetables & Fruits
	Dattel Snicker (vegan) High Medium Low Proteins Carbohydrates Vegetables & Fruits	Dattel Snicker (vegan) High Medium Low Proteins Carbohydrates Vegetables & Fruits	Dattel Snicker (vegan) High Medium Low Proteins Carbohydrates Vegetables & Fruits	Dattel Snicker (vegan) High Medium Low Proteins Carbohydrates Vegetables & Fruits	Dattel Snicker (vegan) High Medium Low Proteins Carbohydrates Vegetables & Fruits
	Hanfsamen Brownie High Medium Low Proteins Carbohydrates Vegetables & Fruits	Hanfsamen Brownie High Medium Low Proteins Carbohydrates Vegetables & Fruits	Hanfsamen Brownie High Medium Low Proteins Carbohydrates Vegetables & Fruits	Hanfsamen Brownie High Medium Low Proteins Carbohydrates Vegetables & Fruits	Hanfsamen Brownie High Medium Low Proteins Carbohydrates Vegetables & Fruits

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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...
 Yumame | Yumame | Kürbis (vegan) | Kürbis (vegan) | Miso-Wirsing
 Spätzli | Spätzli | Dattel Snicker (vegan) | Dattel Snicker (vegan) | Hanfsamen Brownie

Saturday

Sunday

Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Con-nies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Wirsing (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Con-nies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Wirsing (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



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New Roots white cheese variations incl. Swiss-Miso +...

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NewRoots Cheese + Swiss Miso (vegan)	NewRoots Cheese + Swiss Miso (vegan)	NewRoots Cheese + Swiss Miso (vegan)	NewRoots Cheese + Swiss Miso (vegan)	NewRoots Cheese + Swiss Miso (vegan)
   	   	   	   	   

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New Roots white cheese variations incl. Swiss-Miso +...

Saturday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)



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