

Grosse Schanze | SNVF Generalversammlung SFNV-Generalversammlung 01. to 07.04.2013

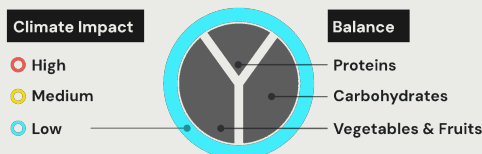
For the digital meal plan with further details, scan the QR-Code!



	Monday	Tuesday	Wednesday	Thursday	Friday
Menu	SFNV-Generalver-sammlung    	SFNV-Generalver-sammlung    	SFNV-Generalver-sammlung    	SFNV-Generalver-sammlung    	SFNV-Generalver-sammlung    
Tzatziki I Fennel I Pilsa Bread I PinSwiss Miso Cauliflower soup (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)    
Luya Bites I Daikon I New Roots Cheese Pie (vegan) I Umami Micro-greens (vegan)	Miso Blumenkohlsuppe (vegan)    	Miso Blumenkohlsuppe (vegan)    	Miso Blumenkohlsuppe (vegan)    	Miso Blumenkohlsuppe (vegan)    	Miso Blumenkohlsuppe (vegan)    
Luya Bites I Daikon I New Roots Cheese Pie (vegan) I Umami Micro-greens (vegan)	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    
Tzatziki I Fennel I Pilsa Bread I PinSwiss Miso Cauliflower soup (vegan)	NewRoots Chäsküechli    	NewRoots Chäsküechli    	NewRoots Chäsküechli    	NewRoots Chäsküechli    	NewRoots Chäsküechli    
Luya Bites I Daikon I New Roots Cheese Pie (vegan) 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)    

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...**



...and
identify
balanced
nutrition.

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

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Discover the climate impact of meals...

Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.

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Sauce
Baked potatoes | Mixed Salads | Breadcrumbs
Yumame | Knoblauch | Spätzli | Miso-Würstchen
Kürbis (vegan) | Tomaten | Auberginen | Zucchini
Miso-Würstchen
Dattel Snicker (vegan)
Brownie | hemp

Monday	Tuesday	Wednesday	Thursday	Friday
Salatvariation 	Salatvariation 	Salatvariation 	Salatvariation 	Salatvariation
Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) 	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) 	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) 	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) 	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)
Fusilli Yumame 	Fusilli Yumame 	Fusilli Yumame 	Fusilli Yumame 	Fusilli Yumame
Seitangulasch Spätzli Miso-Würstchen (vegan) 	Seitangulasch Spätzli Miso-Würstchen (vegan) 	Seitangulasch Spätzli Miso-Würstchen (vegan) 	Seitangulasch Spätzli Miso-Würstchen (vegan) 	Seitangulasch Spätzli Miso-Würstchen (vegan)
Dattel Snicker (vegan) 	Dattel Snicker (vegan) 	Dattel Snicker (vegan) 	Dattel Snicker (vegan) 	Dattel Snicker (vegan)
Hanfsamen Brownie 	Hanfsamen Brownie 	Hanfsamen Brownie 	Hanfsamen Brownie 	Hanfsamen Brownie

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Saturday

Sunday

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



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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Saturday

Sunday

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

NewRoots Cheese + Swiss Miso (vegan)



NewRoots Cheese + Swiss Miso (vegan)



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