

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 25.04 to 01.05.2039

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                                  |
|                                                          | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  |
| 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)               |
|                                                          | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  |
| NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     |
|                                                          | <div><div></div></div>                                   | <div><div></div></div>                                   | <div><div></div></div>                                   | <div><div></div></div>                                   | <div><div></div></div>                                   |
| 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 |
|                                                          | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  |
| Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             |
|                                                          | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  |
| 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)                   |
|                                                          | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  |

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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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| Saturday                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                   | Sunday                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>Luya Bites I Daikon I Jalapeno Ketchup I Fermented Vegetables<br>Miso Blumenkohlsuppe (vegan)<br>Tzatziki I Fennel I Pilsa Bread (vegan) | Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I Jalapeno Ketchup I Fermented Vegetables<br>Miso Blumenkohlsuppe (vegan)<br>Tzatziki I Fennel I Pilsa Bread (vegan) | Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I Jalapeno Ketchup I Fermented Vegetables<br>Miso Blumenkohlsuppe (vegan)<br>Tzatziki I Fennel I Pilsa Bread (vegan) | Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I Jalapeno Ketchup I Fermented Vegetables<br>Miso Blumenkohlsuppe (vegan)<br>Tzatziki I Fennel I Pilsa Bread (vegan) |
|                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                   |
|                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                   |
|                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                   |
|                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                   |
|                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                   |

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|                                                                                                               | Monday                                                                                                                                          | Tuesday                                                                                                                                         | Wednesday                                                                                                                                       | Thursday                                                                                                                                        | Friday                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| Sauce<br>Baked potatoes   Autumn vegetables...<br>Mixed Salads   Breadcrumbs<br>Yumame   Miso-Wirsing<br>hemp | <div>Salatvariation</div> <div><div></div><div></div><div></div><div></div></div>                                                               | <div>Salatvariation</div> <div><div></div><div></div><div></div><div></div></div>                                                               | <div>Salatvariation</div> <div><div></div><div></div><div></div><div></div></div>                                                               | <div>Salatvariation</div> <div><div></div><div></div><div></div><div></div></div>                                                               | <div>Salatvariation</div> <div><div></div><div></div><div></div><div></div></div>                                                               |
|                                                                                                               | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div><div></div><div></div><div></div><div></div></div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div><div></div><div></div><div></div><div></div></div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div><div></div><div></div><div></div><div></div></div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div><div></div><div></div><div></div><div></div></div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div><div></div><div></div><div></div><div></div></div> |
|                                                                                                               | <div>Fusilli Yumame</div> <div><div></div><div></div><div></div><div></div></div>                                                               | <div>Fusilli Yumame</div> <div><div></div><div></div><div></div><div></div></div>                                                               | <div>Fusilli Yumame</div> <div><div></div><div></div><div></div><div></div></div>                                                               | <div>Fusilli Yumame</div> <div><div></div><div></div><div></div><div></div></div>                                                               | <div>Fusilli Yumame</div> <div><div></div><div></div><div></div><div></div></div>                                                               |
|                                                                                                               | <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div><div></div><div></div><div></div><div></div></div>                               | <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div><div></div><div></div><div></div><div></div></div>                               | <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div><div></div><div></div><div></div><div></div></div>                               | <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div><div></div><div></div><div></div><div></div></div>                               | <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div><div></div><div></div><div></div><div></div></div>                               |
|                                                                                                               | <div>Dattel Snicker (vegan)</div> <div><div></div><div></div><div></div><div></div></div>                                                       | <div>Dattel Snicker (vegan)</div> <div><div></div><div></div><div></div><div></div></div>                                                       | <div>Dattel Snicker (vegan)</div> <div><div></div><div></div><div></div><div></div></div>                                                       | <div>Dattel Snicker (vegan)</div> <div><div></div><div></div><div></div><div></div></div>                                                       | <div>Dattel Snicker (vegan)</div> <div><div></div><div></div><div></div><div></div></div>                                                       |
|                                                                                                               | <div>Hanfsamen Brownie</div> <div><div></div><div></div><div></div><div></div></div>                                                            | <div>Hanfsamen Brownie</div> <div><div></div><div></div><div></div><div></div></div>                                                            | <div>Hanfsamen Brownie</div> <div><div></div><div></div><div></div><div></div></div>                                                            | <div>Hanfsamen Brownie</div> <div><div></div><div></div><div></div><div></div></div>                                                            | <div>Hanfsamen Brownie</div> <div><div></div><div></div><div></div><div></div></div>                                                            |

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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 +...

| Monday                                                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                                                                                                                        | Friday                                                                                                                                                                                                                                                                                                                                          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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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