

**Grosse Schanze | SNVF Generalversammlung
SFNV-Generalversammlung
03. to 09.05.2010**

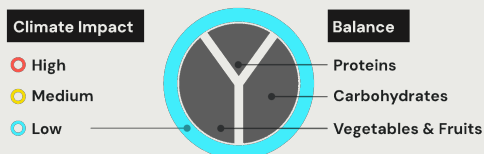
For the digital meal plan with further details, scan the QR-Code!



	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 Pina Swiss Miso I PinSwiss Miso I 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 Blu-menkohlsuppe (veg-an)    	Miso Blu-menkohlsuppe (veg-an)    	Miso Blu-menkohlsuppe (veg-an)    	Miso Blu-menkohlsuppe (veg-an)    	Miso Blu-menkohlsuppe (veg-an)    
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 Pina Swiss Miso I PinSwiss Miso I Cauliflower soup (vegan)	NewRoots Chäsküechli 	NewRoots Chäsküechli 	NewRoots Chäsküechli 	NewRoots Chäsküechli 	NewRoots Chäsküechli 
Tzatziki I Fennel I Pina Swiss Miso I PinSwiss Miso I Cauliflower soup (vegan)	Tarte flambée I Uma-mi Micro-greens (vegan)    	Tarte flambée I Uma-mi Micro-greens (vegan)    	Tarte flambée I Uma-mi Micro-greens (vegan)    	Tarte flambée I Uma-mi Micro-greens (vegan)    	Tarte flambée I Uma-mi 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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Menu
Tarte flambée I Umami Micro-greens (vegan)
NewRoots Chäsküechli
Luya Bites I Daikon I NewRoots Cheese Pie (vegan)
Jalapeno Ketchup I Fermented Vegetables
Miso I Cauliflower soup (vegan)
Tzatziki I Fennel I Pina Bread (vegan)

Saturday

Sunday

SFNV-Generalversammlung	SFNV-Generalversammlung
Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)
NewRoots Chäsküechli	NewRoots Chäsküechli
Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse
Miso Blumenkohlsuppe (vegan)	Miso Blumenkohlsuppe (vegan)
Tzatziki, Fenchel, 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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	Monday	Tuesday	Wednesday	Thursday	Friday
Sauce Baked potatoes Mixed Salads I Breunbees	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-Wirsing (vegan)	Seitangulasch Spätzli Miso-Wirsing (vegan)	Seitangulasch Spätzli Miso-Wirsing (vegan)	Seitangulasch Spätzli Miso-Wirsing (vegan)	Seitangulasch Spätzli Miso-Wirsing (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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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...
Yumame | Yumame | Knoblauch | Yumame | Kürbis (vegan) | Kürbis (vegan) | Miso-Wirsing
Dattel Snicker (vegan) | Dattel Snicker (vegan) | Hanfsamen Brownie | 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

NewRoots Cheese + Swiss Miso (vegan)



Tuesday

NewRoots Cheese + Swiss Miso (vegan)



Wednesday

NewRoots Cheese + Swiss Miso (vegan)



Thursday

NewRoots Cheese + Swiss Miso (vegan)



Friday

NewRoots Cheese + Swiss Miso (vegan)



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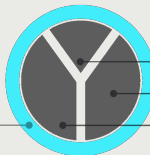
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New Roots white cheese variations incl. Swiss-Miso +...

Saturday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)



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