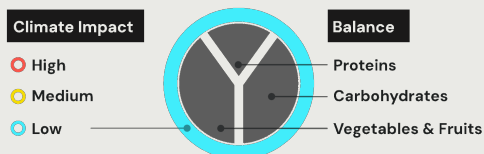


**For the digital meal plan with further details, scan the QR-Code!**



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**Discover the  
climate impact  
of meals...**



...and  
identify  
balanced  
nutrition.

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 21. to 27.05.2018

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



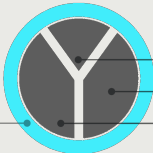
| Saturday                                                                                                                                                                                                             |                                                            | Sunday                                                     |                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------|----------------|
| Menu<br><br>Tarte flambée I Umami Micro-greens (vegan)<br><br>NewRoots Chäsküechli<br><br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br><br>Miso soup (vegan)<br><br>Tzatziki I Fennel I Pinsa Bread (vegan) | SFNV-Generalversammlung                                    | SFNV-Generalversammlung                                    |                |
|                                                                                                                                                                                                                      | <div>Low</div>                                             | <div>Low</div>                                             | <div>Low</div> |
|                                                                                                                                                                                                                      | Tarte flambée I Umami Micro-greens (vegan)                 | Tarte flambée I Umami Micro-greens (vegan)                 |                |
|                                                                                                                                                                                                                      | <div>Low</div>                                             | <div>Low</div>                                             | <div>Low</div> |
|                                                                                                                                                                                                                      | NewRoots Chäsküechli                                       | NewRoots Chäsküechli                                       |                |
|                                                                                                                                                                                                                      | <div>Medium</div>                                          | <div>Medium</div>                                          |                |
| Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br><br>Miso soup (vegan)<br><br>Tzatziki I Fennel I Pinsa Bread (vegan)                                                                                           | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse |                |
|                                                                                                                                                                                                                      | <div>Medium</div>                                          | <div>Medium</div>                                          | <div>Low</div> |
|                                                                                                                                                                                                                      | Miso Blumenkohlsuppe (vegan)                               | Miso Blumenkohlsuppe (vegan)                               |                |
|                                                                                                                                                                                                                      | <div>Low</div>                                             | <div>Low</div>                                             | <div>Low</div> |
|                                                                                                                                                                                                                      | Tzatziki, Fenchel, Pinsa Bread (vegan)                     | Tzatziki, Fenchel, Pinsa Bread (vegan)                     |                |
|                                                                                                                                                                                                                      | <div>Low</div>                                             | <div>Low</div>                                             | <div>Low</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.

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 21. to 27.05.2018

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Sauce  
Baked potatoes | Mixed Salads | Breadcrumbs  
Autumn vegetables...  
Yumame | Knoblauch | Spätzli | Miso-Würstchen  
Seitangulasch (vegan) | Spätzli | Miso-Würstchen  
Dattel Snicker (vegan) | Spätzli | Miso-Würstchen  
Brownie | hemp

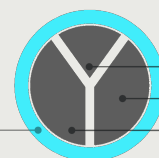
| Monday                                                                                  | Tuesday                                                                                 | Wednesday                                                                               | Thursday                    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

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Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
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# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 21. to 27.05.2018

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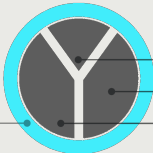
|                                                                                                                                                                                                                                                                                                                                                                            | Saturday                                                                                                                                               | Sunday                                                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div> <div> <div>Brembeesauce</div> <div>Mixed Salads</div> <div>Baked potatoes</div> <div>Autumn vegetables...</div> </div> <div> <div>Yumame</div> <div>Fusilli</div> <div>Spätzli</div> <div>Seitangulasch</div> <div>Dattel Snicker (vegan)</div> <div>Brownie</div> </div> <div> <div>Knoblauch</div> <div>Kürbis (vegan)</div> <div>Miso-Wirsing</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   Con-nies Ketchup (vegan)</div> <div> <div> <div></div> <div></div> <div></div> </div> </div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Con-nies 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>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>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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# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

21. to 27.05.2018

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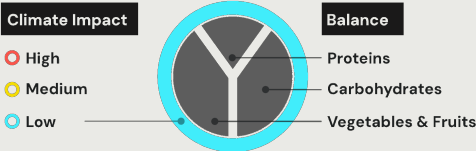


New Roots white cheese variations incl. Swiss-Miso +...

| 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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# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 21. to 27.05.2018

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Saturday

Sunday

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

NewRoots Cheese + Swiss Miso (vegan)



NewRoots Cheese + Swiss Miso (vegan)

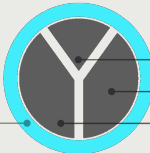


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