

Grosse Schanze | SNVF Generalversammlung SFNV-Generalversammlung 24. to 30.06.2013

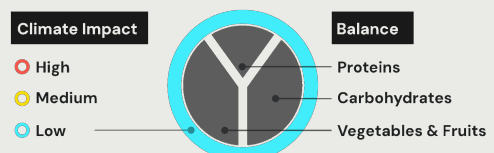
For the digital meal plan with further details, scan the QR-Code!



	Monday	Tuesday	Wednesday	Thursday	Friday
Menu	SFNV-Generalver-sammlung	SFNV-Generalver-sammlung	SFNV-Generalver-sammlung	SFNV-Generalver-sammlung	SFNV-Generalver-sammlung
					
	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)
					
	NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli
Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse	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)	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)	
					

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 PinSwiss Miso I Cauliflower soup (vegan)
Tzatziki I Fennel I PinSwiss 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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Sauce
Baked potatoes | Mixed Salads | Breadcrumbs
Autumn vegetables...
Yumame | Knoblauch | Spätzli | Miso-Würstchen
Fusilli | Kürbis (vegan) | Sauce | Miso-Würstchen
Dattel Snicker (vegan) | Spätzli | Miso-Würstchen
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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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...
 Yumame | Planting | Spätzli | Miso-Wirsing | 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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Saturday

Sunday

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

NewRoots Cheese + Swiss Miso (vegan)



NewRoots Cheese + Swiss Miso (vegan)



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