

12. to 18.01.2009

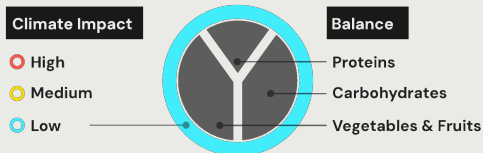
For the digital meal plan with further details, scan the QR-Code!



	Monday	Tuesday	Wednesday	Thursday	Friday
Menu	SFNV-Generalver- sammlung	SFNV-Generalver- sammlung	SFNV-Generalver- sammlung	SFNV-Generalver- sammlung	SFNV-Generalver- sammlung
Lunch					
	Tarte flambée I Uma- mi Micro-greens (ve- gan)	Tarte flambée I Uma- mi Micro-greens (ve- gan)	Tarte flambée I Uma- mi Micro-greens (ve- gan)	Tarte flambée I Uma- mi Micro-greens (ve- gan)	Tarte flambée I Uma- mi Micro-greens (ve- gan)
					
	NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli
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	
					
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)	
					
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.**

Grosse Schanze | SNVF Generalversammlung SFNV-Generalversammlung 12. to 18.01.2009

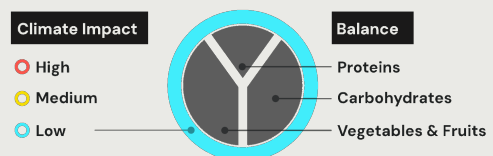
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	Saturday	Sunday
Menu	SFNV-Generalversammlung	SFNV-Generalversammlung
Tarte flambée I Umami Micro-greens (vegan)		
NewRoots Chäsküechli		
Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse		
Miso Blumenkohluppe (vegan)		
Tzatziki I Fenchel I Pinsa Bread (vegan)		

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

Monday

Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Connies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Würstchen (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



Tuesday

Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Connies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Würstchen (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



Wednesday

Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Connies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Würstchen (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



Thursday

Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Connies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Würstchen (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



Friday

Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Connies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Würstchen (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie

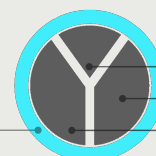


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Discover the climate impact of meals...

Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.

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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...
 Yumame | Knoblau | Plant Steaks | Fusilli | 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 +...

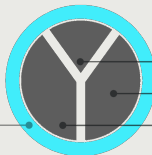
Monday	Tuesday	Wednesday	Thursday	Friday
NewRoots Cheese + Swiss Miso (vegan)	NewRoots Cheese + Swiss Miso (vegan)	NewRoots Cheese + Swiss Miso (vegan)	NewRoots Cheese + Swiss Miso (vegan)	NewRoots Cheese + Swiss Miso (vegan)
   	   	   	   	   

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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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