

**Grosse Schanze | SNVF Generalversammlung
SFNV-Generalversammlung
13. to 19.01.2059**

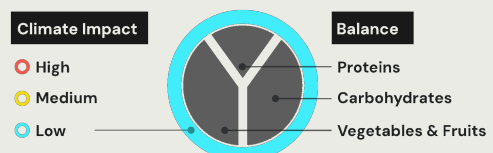
For the digital meal plan with further details, scan the QR-Code!



	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) ○ 🌱 🍷 🚫🥛	Tarte flambée I Uma-mi Micro-greens (vegan) ○ 🌱 🍷 🚫🥛
NewRoots Cheese Pie (vegetarian)	NewRoots Chäsküechli ○	NewRoots Chäsküechli ○	NewRoots Chäsküechli ○	NewRoots Chäsküechli ○	NewRoots Chäsküechli ○
Luya Bites I Daikon I New Roots Jalapeno Ketchup I Fermented Vegetables	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 Cauliflower soup (vegan)	Miso Blumenkohlsuppe (vegan) ○ 🌱 🍷 🚫🥛	Miso Blumenkohlsuppe (vegan) ○ 🌱 🍷 🚫🥛	Miso Blumenkohlsuppe (vegan) ○ 🌱 🍷 🚫🥛	Miso Blumenkohlsuppe (vegan) ○ 🌱 🍷 🚫🥛	Miso Blumenkohlsuppe (vegan) ○ 🌱 🍷 🚫🥛
Tzatziki I Fennel I 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) ○ 🌿 🍷 🚫🥛

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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Saturday		Sunday	
Menu SFNV-Generalversammlung Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya Bites I Daikon I New Roots Cheese Pie (vegan) Jalapeno Ketchup I Fermented Vegetables Miso Blumenkohlsuppe (vegan) Tzatziki I Fennel I Pilsa Bread (vegan)	SFNV-Generalversammlung	SFNV-Generalversammlung	
	Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)	
	NewRoots Chäsküechli	NewRoots Chäsküechli	
Luya Bites I Daikon I New Roots Cheese Pie (vegan) Jalapeno Ketchup I Fermented Vegetables Miso Blumenkohlsuppe (vegan) Tzatziki I Fennel I Pilsa Bread (vegan)	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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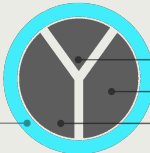
	Monday	Tuesday	Wednesday	Thursday	Friday
Sauce Baked potatoes Mixed Salads I Breunbees	Salatvariation	Salatvariation	Salatvariation	Salatvariation	Salatvariation
	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)	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 | 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

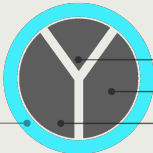


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New Roots white cheese variations incl. Swiss-Miso +...

Monday

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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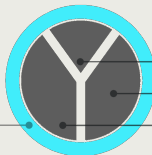
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NewRoots Cheese + Swiss Miso (vegan)



Sunday

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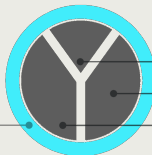
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