

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 21. to 27.07.2031

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



|                                                   | Monday                                                      | Tuesday                                                     | Wednesday                                                   | Thursday                                                    | Friday                                                      |
|---------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|
| Menu                                              | SFNV-Generalversammlung                                     | SFNV-Generalversammlung                                     | SFNV-Generalversammlung                                     | SFNV-Generalversammlung                                     | SFNV-Generalversammlung                                     |
| Tarte flambée I Umami Micro-greens (vegan)        | Tarte flambée I Umami Micro-greens (vegan)                  | Tarte flambée I Umami Micro-greens (vegan)                  | Tarte flambée I Umami Micro-greens (vegan)                  | Tarte flambée I Umami Micro-greens (vegan)                  | Tarte flambée I Umami Micro-greens (vegan)                  |
| NewRoots Chäsküechli                              | NewRoots Chäsküechli                                        | NewRoots Chäsküechli                                        | NewRoots Chäsküechli                                        | NewRoots Chäsküechli                                        | NewRoots Chäsküechli                                        |
| Luya Bites I Daikon I NewRoots Cheese Pie (vegan) | Luya Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse | Luya Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse | Luya Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse | Luya Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse | Luya Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse |
| Miso I Cauliflower soup (vegan)                   | Miso Blumenkohlsuppe (vegan)                                | Miso Blumenkohlsuppe (vegan)                                | Miso Blumenkohlsuppe (vegan)                                | Miso Blumenkohlsuppe (vegan)                                | Miso Blumenkohlsuppe (vegan)                                |
| Tzatziki I Fennel I Pinsabrot (vegan)             | Tzatziki, Fenchel, Pinsabrot (vegan)                        | Tzatziki, Fenchel, Pinsabrot (vegan)                        | Tzatziki, Fenchel, Pinsabrot (vegan)                        | Tzatziki, Fenchel, Pinsabrot (vegan)                        | Tzatziki, Fenchel, Pinsabrot (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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| Saturday                                                                                                                                                                                                                          |                                                                    | Sunday                                                     |                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------------|
| Menu                                                                                                                                                                                                                              | SFNV-Generalversammlung                                            | SFNV-Generalversammlung                                    |                                                                    |
|                                                                                                                                                                                                                                   | <div><div></div><div><div></div><div></div><div></div></div></div> |                                                            | <div><div></div><div><div></div><div></div><div></div></div></div> |
|                                                                                                                                                                                                                                   | Tarte flambée I Umami Micro-greens (vegan)                         |                                                            | Tarte flambée I Umami Micro-greens (vegan)                         |
|                                                                                                                                                                                                                                   | <div><div></div><div><div></div><div></div><div></div></div></div> |                                                            | <div><div></div><div><div></div><div></div><div></div></div></div> |
|                                                                                                                                                                                                                                   | NewRoots Chäsküechli                                               |                                                            | NewRoots Chäsküechli                                               |
|                                                                                                                                                                                                                                   | <div><div></div><div><div></div><div></div><div></div></div></div> |                                                            | <div><div></div><div><div></div><div></div><div></div></div></div> |
| Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>Tarte flambée I Umami Micro-greens (vegan)<br>New Roots Cheese Pie (vegan)<br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>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         |
|                                                                                                                                                                                                                                   | <div><div></div><div><div></div><div></div><div></div></div></div> |                                                            | <div><div></div><div><div></div><div></div><div></div></div></div> |
|                                                                                                                                                                                                                                   | Miso Blumenkohlsuppe (vegan)                                       |                                                            | Miso Blumenkohlsuppe (vegan)                                       |
|                                                                                                                                                                                                                                   | <div><div></div><div><div></div><div></div><div></div></div></div> |                                                            | <div><div></div><div><div></div><div></div><div></div></div></div> |
| Tzatziki I Fennel I PinSwiss Miso I Cauliflower soup (vegan)<br>Tzatziki I Fennel I PinSwiss Miso I Cauliflower soup (vegan)<br>Tzatziki I Fennel I PinSwiss Miso I Cauliflower soup (vegan)                                      | Tzatziki, Fenchel, Pinsa Bread (vegan)                             | Tzatziki, Fenchel, Pinsa Bread (vegan)                     | Tzatziki, Fenchel, Pinsa Bread (vegan)                             |
|                                                                                                                                                                                                                                   | <div><div></div><div><div></div><div></div><div></div></div></div> |                                                            | <div><div></div><div><div></div><div></div><div></div></div></div> |

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|                                                                                                        | Monday                                                                                                                                               | Tuesday                                                                                                                                              | Wednesday                                                                                                                                            | Thursday                                                                                                                                             | Friday                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div> <div>Sauce</div> <div>Baked potatoes</div> <div>Mixed Salads</div> <div>I Breunbees</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>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>Salatvariation</div> <div> <div></div> <div></div> <div></div> <div></div> </div>                                                               |
|                                                                                                        | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies 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>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>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>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>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>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>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>                                                            | <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>                                                            | <div>Hanfsamen Brownie</div> <div> <div></div> <div></div> <div></div> <div></div> </div>                                                            |

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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                                                                                                                                                                                                                                                                                                                                  | 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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