

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 29.08 to 04.09.2033

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



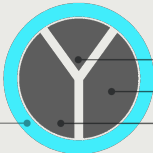
|                                                   | Monday                                                                                                                           | Tuesday                                                                                                                          | Wednesday                                                                                                                        | Thursday                                                                                                                         | Friday                                                                                                                           |
|---------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| Menu                                              | SFNV-Generalversammlung <div> <span></span> <span></span> <span></span> <span></span> </div>                                     | SFNV-Generalversammlung <div> <span></span> <span></span> <span></span> <span></span> </div>                                     | SFNV-Generalversammlung <div> <span></span> <span></span> <span></span> <span></span> </div>                                     | SFNV-Generalversammlung <div> <span></span> <span></span> <span></span> <span></span> </div>                                     | SFNV-Generalversammlung <div> <span></span> <span></span> <span></span> <span></span> </div>                                     |
| Tarte flambée I Umami Micro-greens (vegan)        | Tarte flambée I Umami Micro-greens (vegan) <div> <span></span> <span></span> <span></span> <span></span> </div>                  | Tarte flambée I Umami Micro-greens (vegan) <div> <span></span> <span></span> <span></span> <span></span> </div>                  | Tarte flambée I Umami Micro-greens (vegan) <div> <span></span> <span></span> <span></span> <span></span> </div>                  | Tarte flambée I Umami Micro-greens (vegan) <div> <span></span> <span></span> <span></span> <span></span> </div>                  | Tarte flambée I Umami Micro-greens (vegan) <div> <span></span> <span></span> <span></span> <span></span> </div>                  |
| NewRoots Chäsküechli                              | NewRoots Chäsküechli <div> <span></span> </div>                                                                                  | NewRoots Chäsküechli <div> <span></span> </div>                                                                                  | NewRoots Chäsküechli <div> <span></span> </div>                                                                                  | NewRoots Chäsküechli <div> <span></span> </div>                                                                                  | NewRoots Chäsküechli <div> <span></span> </div>                                                                                  |
| Luya Bites I Daikon I NewRoots Cheese Pie (vegan) | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse <div> <span></span> <span></span> <span></span> <span></span> </div> | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse <div> <span></span> <span></span> <span></span> <span></span> </div> | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse <div> <span></span> <span></span> <span></span> <span></span> </div> | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse <div> <span></span> <span></span> <span></span> <span></span> </div> | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse <div> <span></span> <span></span> <span></span> <span></span> </div> |
| Miso Blumensuppe (vegan)                          | Miso Blumenkohl-<br>suppe (vegan) <div> <span></span> <span></span> <span></span> <span></span> </div>                           | Miso Blumenkohl-<br>suppe (vegan) <div> <span></span> <span></span> <span></span> <span></span> </div>                           | Miso Blumenkohl-<br>suppe (vegan) <div> <span></span> <span></span> <span></span> <span></span> </div>                           | Miso Blumenkohl-<br>suppe (vegan) <div> <span></span> <span></span> <span></span> <span></span> </div>                           | Miso Blumenkohl-<br>suppe (vegan) <div> <span></span> <span></span> <span></span> <span></span> </div>                           |
| Tzatziki I Fenchel I Pinsa Bread (vegan)          | Tzatziki, Fenchel, Pinsa Bread (vegan) <div> <span></span> <span></span> <span></span> <span></span> </div>                      | Tzatziki, Fenchel, Pinsa Bread (vegan) <div> <span></span> <span></span> <span></span> <span></span> </div>                      | Tzatziki, Fenchel, Pinsa Bread (vegan) <div> <span></span> <span></span> <span></span> <span></span> </div>                      | Tzatziki, Fenchel, Pinsa Bread (vegan) <div> <span></span> <span></span> <span></span> <span></span> </div>                      | Tzatziki, Fenchel, Pinsa Bread (vegan) <div> <span></span> <span></span> <span></span> <span></span> </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.

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29.08 to 04.09.2033

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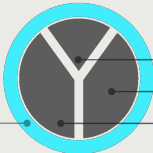
| Saturday                                                                                                                                                                                                                    |                                                                                                                                                                                                                             | Sunday                                                                                                                                                                                                                      |                                                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>Miso soup (vegan)<br>Tzatziki I Fennel I Pinsa Bread (vegan) | Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>Miso soup (vegan)<br>Tzatziki I Fennel I Pinsa Bread (vegan) | Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>Miso soup (vegan)<br>Tzatziki I Fennel I Pinsa Bread (vegan) | Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>Miso soup (vegan)<br>Tzatziki I Fennel I Pinsa Bread (vegan) |
|                                                                                                                                                                                                                             |                                                                                                                                                                                                                             |                                                                                                                                                                                                                             |                                                                                                                                                                                                                             |
|                                                                                                                                                                                                                             |                                                                                                                                                                                                                             |                                                                                                                                                                                                                             |                                                                                                                                                                                                                             |
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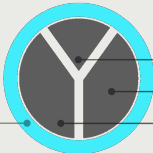
|                                                                                                                                                                                                 | Monday                                                                                                                                          | Tuesday                                                                                                                                         | Wednesday                                                                                                                                       | Thursday                                                                                                                                        | Friday                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| Dattel Snicker (vegan)<br>Seitangulasch   Spätzli   Miso-Wirsing<br>Fusilli   Yumame<br>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)<br>Salatvariation<br>Sauce | <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

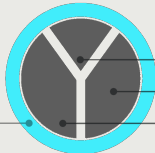


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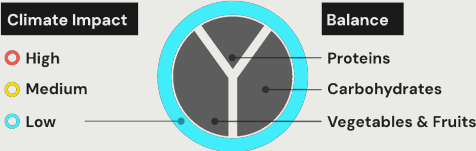


New Roots white cheese variations incl. Swiss-Miso +...

| 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)

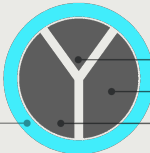


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