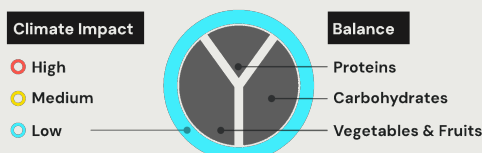


For the digital meal plan with further details, scan the QR-Code!



Tsatsiki I Fennel I PinSwiss Miso | Cauliflower
sa bread (vegan) soup (vegan) an
Luya Bites I Daikon I New Roots Cheese Pie (vegan)
cro-greens (vegan)

**Discover the
climate impact
of meals...**



...and
identify
balanced
nutrition.

Grosse Schanze | SNVF Generalversammlung

SFNV-Generalversammlung

19. to 25.01.2015

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



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 | Cauliflower soup (vegan)
Fennel I Pinsa 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)

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...

Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.

Grosse Schanze | SNVF Generalversammlung

SFNV-Generalversammlung

19. to 25.01.2015

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Sauce
Baked potatoes | Mixed Salads | Breadcrumbs
Autumn vegetables...
Yumame | Knoblauch | Spätzli | Miso-Würstchen
Seitangulasch (vegan) | Spätzli | Miso-Würstchen
Dattel Snicker (vegan) | 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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Discover the climate impact of meals...

Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.

Grosse Schanze | SNVF Generalversammlung

SFNV-Generalversammlung

19. to 25.01.2015

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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...
 Yumame | Planting | Spätzli | Miso-Würstchen | Dattel Snicker (vegan) | Hanfsamen Brownie

Saturday

Sunday

Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Con-nies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Würstchen (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Con-nies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Würstchen (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



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Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

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SFNV-Generalversammlung

19. to 25.01.2015

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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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...and identify balanced nutrition.

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19. to 25.01.2015

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

Saturday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)



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Discover the climate impact of meals...

Climate Impact

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Balance

- Proteins
- Carbohydrates
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