

Grosse Schanze | SNVF Generalversammlung SFNV-Generalversammlung 13. to 19.10.2008

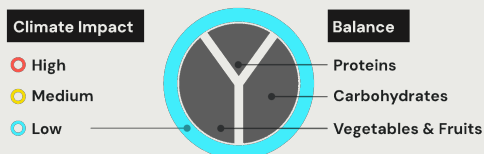
For the digital meal plan with further details, scan the QR-Code!



	Monday	Tuesday	Wednesday	Thursday	Friday
Menu	SFNV-Generalver-sammlung    	SFNV-Generalver-sammlung    	SFNV-Generalver-sammlung    	SFNV-Generalver-sammlung    	SFNV-Generalver-sammlung    
Tzatziki I Fennel I Pina Swiss Miso I PinSwiss Miso I Cauliflower soup (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)    
Luya Bites I Daikon I New Roots Cheese Pie (vegan) I Umami Micro-greens (vegan)	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)    
Luya Bites I Daikon I New Roots Cheese Pie (vegan) I Umami Micro-greens (vegan)	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    
Tzatziki I Fennel I Pina Swiss Miso I PinSwiss Miso I Cauliflower soup (vegan)	NewRoots Chäsküechli    	NewRoots Chäsküechli    	NewRoots Chäsküechli    	NewRoots Chäsküechli    	NewRoots Chäsküechli    
Luya Bites I Daikon I New Roots Cheese Pie (vegan) I Umami 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)    

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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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 I Cauliflower soup (vegan)

Tzatziki I Fennel I Pina 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)

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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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Sauce
Baked potatoes | Autumn vegetables...
Miso-Wirsing
Dattel Snicker (vegan)
Brownie | 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-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 | Knoblauch | Yumame | Kürbis (vegan) | Kürbis (vegan) | Miso-Wirsing
 Dattel Snicker (vegan) | Dattel Snicker (vegan) | Hanfsamen Brownie | 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 +...

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

Saturday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)



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