

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



Menu

**e flambée I Umami Mi-
cro-greens (vegan)**

hees
(an)

**Bites I Daikon I New
no Ketchup I Fer...**

Miso | Cauliflower
soup (vegan)

Tsatziki I Fennel I sa 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

13. to 19.10.2014

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Saturday		Sunday	
Menu	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) 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 PinSwiss Miso I Cauliflower soup (vegan) Tzatziki I Fennel I PinSwiss Miso I Cauliflower soup (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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Sauce
Baked potatoes | Mixed Salads | Breadcrumbs
Autumn vegetables...
Yumame | Knoblauch | Spätzli | Miso-Würstchen
Seitangulasch (vegan) | Spätzli | Miso-Würstchen
Dattel Snicker (vegan) | Spätzli | Miso-Würstchen
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-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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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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New Roots white cheese variations incl. Swiss-Miso +...

Saturday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)



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