

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 16. to 22.10.2017

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



Menu

Tarte flambée I Umami Micro-greens (vegan)

New Roots Cheese Pie

Luya Bites I Daikon I New Roots Cheese Pie I Fermented Vegetables

Miso Soup I Cauliflower

Tzatziki I Fennel I Pina Bread (vegan)

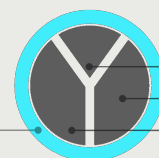
| Monday                                                   | Tuesday                                                  | Wednesday                                                | Thursday                                                 | Friday                                                   |
|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| 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)               |
| NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     |
| 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 |
| Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (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)                   |

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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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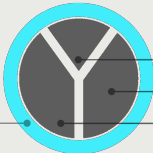
|                                                                                                                                                                                                                                                              | Saturday                                                                                                                                        | Sunday                                                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| Menu<br><br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I NewRoots Cheese Pie (vegan)<br>Jalapeno Ketchup I Fermented Vegetables<br>Miso I Cauliflower soup (vegan)<br>Tzatziki I Fennel I Pinsa Bread (vegan) | <div>SFNV-Generalversammlung</div> <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div>                                    | <div>SFNV-Generalversammlung</div> <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div>                                    |
|                                                                                                                                                                                                                                                              | <div>Tarte flambée I Umami Micro-greens (vegan)</div> <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div>                 | <div>Tarte flambée I Umami Micro-greens (vegan)</div> <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div>                 |
|                                                                                                                                                                                                                                                              | <div>NewRoots Chäsküechli</div> <div> <div></div> </div>                                                                                        | <div>NewRoots Chäsküechli</div> <div> <div></div> </div>                                                                                        |
|                                                                                                                                                                                                                                                              | <div>Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse</div> <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div> | <div>Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse</div> <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div> |
|                                                                                                                                                                                                                                                              | <div>Miso Blumenkohlsuppe (vegan)</div> <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div>                               | <div>Miso Blumenkohlsuppe (vegan)</div> <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div>                               |
|                                                                                                                                                                                                                                                              | <div>Tzatziki, Fenchel, Pinsa Bread (vegan)</div> <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div>                     | <div>Tzatziki, Fenchel, Pinsa Bread (vegan)</div> <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div>                     |

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#### Climate Impact

- High
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#### Balance

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

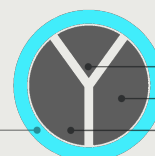
| Monday                                                                                  | Tuesday                                                                                 | Wednesday                                                                               | Thursday                                                                                | Friday                                                                                  |
|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| <b>Salatvariation</b><br>                                                               | <b>Salatvariation</b><br>                                                               | <b>Salatvariation</b><br>                                                               | <b>Salatvariation</b><br>                                                               | <b>Salatvariation</b><br>                                                               |
| <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br> |
| <b>Fusilli Yumame</b><br>                                                               | <b>Fusilli Yumame</b><br>                                                               | <b>Fusilli Yumame</b><br>                                                               | <b>Fusilli Yumame</b><br>                                                               | <b>Fusilli Yumame</b><br>                                                               |
| <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br>                             |
| <b>Dattel Snicker (vegan)</b><br>                                                       | <b>Dattel Snicker (vegan)</b><br>                                                       | <b>Dattel Snicker (vegan)</b><br>                                                       | <b>Dattel Snicker (vegan)</b><br>                                                       | <b>Dattel Snicker (vegan)</b><br>                                                       |
| <b>Hanfsamen Brownie</b><br>                                                            | <b>Hanfsamen Brownie</b><br>                                                            | <b>Hanfsamen Brownie</b><br>                                                            | <b>Hanfsamen Brownie</b><br>                                                            | <b>Hanfsamen Brownie</b><br>                                                            |

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#### Saturday

#### Sunday

Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...  
Yumame | Yumame | Kürbis (vegan) | Kürbis (vegan) | Miso-Wirsing  
Dattel Snicker (vegan) | Dattel Snicker (vegan) | Hanfsamen Brownie | 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



##### Salatvariation



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



##### Fusilli Yumame



Seitangulasch | Spätzli | Miso-Wirsing (vegan)



Dattel Snicker (vegan)



##### Hanfsamen Brownie

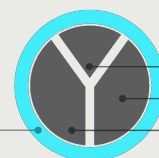


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New Roots white cheese variations incl. Swiss-Miso +...

Monday

NewRoots Cheese + Swiss Miso (vegan)



Tuesday

NewRoots Cheese + Swiss Miso (vegan)



Wednesday

NewRoots Cheese + Swiss Miso (vegan)



Thursday

NewRoots Cheese + Swiss Miso (vegan)



Friday

NewRoots Cheese + Swiss Miso (vegan)



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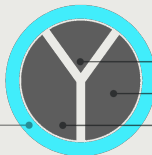
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Sunday

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NewRoots Cheese + Swiss Miso (vegan)



NewRoots Cheese + Swiss Miso (vegan)

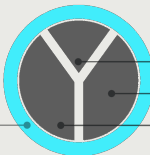


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