

# Grosse Schanze | SNVF Generalversammlung SFNV-Generalversammlung 07. to 13.11.2005

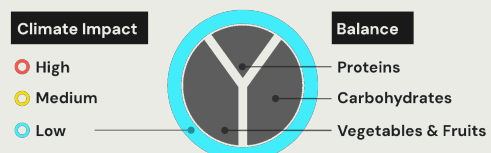
**For the digital meal plan with further details, scan the QR-Code!**



|                                                            | Monday               | Tuesday              | Wednesday            | Thursday             | Friday               |
|------------------------------------------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Menu                                                       | SFNV-Generalsammlung | SFNV-Generalsammlung | SFNV-Generalsammlung | SFNV-Generalsammlung | SFNV-Generalsammlung |
| Tarte flambée I Umami Micro-greens (vegan)                 |                      |                      |                      |                      |                      |
| NewRoots Chäsküechli                                       |                      |                      |                      |                      |                      |
| Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse |                      |                      |                      |                      |                      |
| Miso Blumenkohlsuppe (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...**



**...and  
identify  
balanced  
nutrition.**

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## SFNV-Generalversammlung

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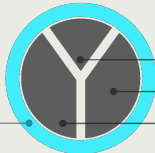
| Saturday                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                  | 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) | <div>SFNV-Generalversammlung</div> <div><div></div><div></div></div>                                          | <div>SFNV-Generalversammlung</div> <div><div></div><div></div></div> | <div>SFNV-Generalversammlung</div> <div><div></div><div></div></div> |
|                                                                                                                                                                                                                             | <div>Tarte flambée I Umami Micro-greens (vegan)</div> <div><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>Miso Blumenkohlsuppe (vegan)</div> <div><div></div><div></div></div>                               |                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                             | <div>Tzatziki, Fenchel, Pinsa Bread (vegan)</div> <div><div></div><div></div></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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Sauce  
Baked potatoes | Mixed Salads | Breadcrumbs  
Yumame | Knoblauch | Planting Steaks | Baked potatoes | Autumn vegetables...  
Miso-Wirsing  
Dattel Snicker (vegan)  
Brownie | hemp

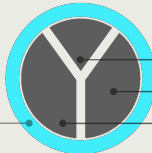
| Monday                                                                           | Tuesday                                                                          | Wednesday                                                                        | Thursday                                         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

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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

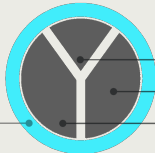


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New Roots white cheese variations incl. Swiss-Miso +...

Monday

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)

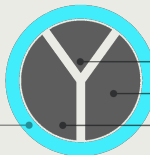


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Saturday

NewRoots Cheese + Swiss Miso (vegan)



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NewRoots Cheese + Swiss Miso (vegan)

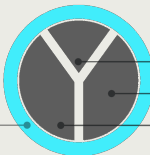


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