

04. to 10.11.2019

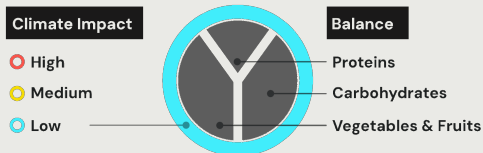
For the digital meal plan with further details, scan the QR-Code!



	Monday	Tuesday	Wednesday	Thursday	Friday
Menu	SFNV-Generalver- sammlung	SFNV-Generalver- sammlung	SFNV-Generalver- sammlung	SFNV-Generalver- sammlung	SFNV-Generalver- sammlung
Lunch					
	Tarte flambée I Uma- mi Micro-greens (ve- gan)	Tarte flambée I Uma- mi Micro-greens (ve- gan)	Tarte flambée I Uma- mi Micro-greens (ve- gan)	Tarte flambée I Uma- mi Micro-greens (ve- gan)	Tarte flambée I Uma- mi Micro-greens (ve- gan)
					
	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 Blu- menkohlsuppe (veg- an)	Miso Blu- menkohlsuppe (veg- an)	Miso Blu- menkohlsuppe (veg- an)	Miso Blu- menkohlsuppe (veg- an)	Miso Blu- menkohlsuppe (veg- an)	
					
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)	
					

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.**

Grosse Schanze | SNVF Generalversammlung

SFNV-Generalversammlung

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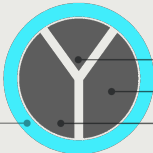
	Saturday	Sunday
Menu s Tzatziki I Fennel I PinSwiss Miso I Cauliflower soup (vegan) sa bread (vegan) s Tzatziki I Fennel I PinSwiss Miso I Cauliflower soup (vegan) sa bread (vegan) Luya Bites I Daikon I New Roots Cheese Pie (vegan) an) Jalapeno Ketchup I Fer-... Luya Bites I Daikon I New Roots Cheese Pie (vegan) an) Jalapeno Ketchup I Fer-... Tarte flambée I Umami Micro-greens (vegan) cro-greens (vegan)	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 | Mixed Salads | Breadcrumbs
Autumn vegetables...
Yumame | Knoblauch | Spätzli | Miso-Würstchen
Seitangulasch (vegan) | Spätzli | Miso-Würstchen
Dattel Snicker (vegan) | Spätzli | Miso-Würstchen
Brownie | hemp

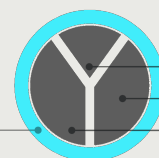
Monday	Tuesday	Wednesday	Thursday	Friday
Salatvariation 	Salatvariation 	Salatvariation 	Salatvariation 	Salatvariation
Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) 	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) 	Planted steak Baked Potatoes Autumn vegetables 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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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

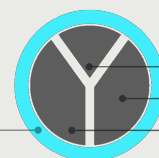


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New Roots white cheese variations incl. Swiss-Miso +...

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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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Saturday

Sunday

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

NewRoots Cheese + Swiss Miso (vegan)



NewRoots Cheese + Swiss Miso (vegan)

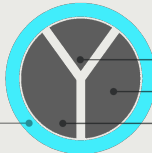


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