

Grosse Schanze | SNVF Generalversammlung SFNV-Generalversammlung 29.11 to 05.12.2004

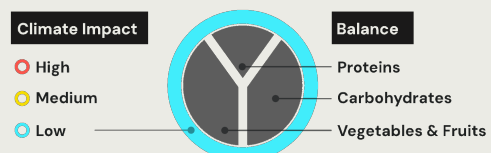
For the digital meal plan with further details, scan the QR-Code!



	Monday	Tuesday	Wednesday	Thursday	Friday
Menu	SFNV-Generalver-sammlung ○ 🌿 🍷 🚫🥛	SFNV-Generalver-sammlung ○ 🌿 🍷 🚫🥛	SFNV-Generalver-sammlung ○ 🌿 🍷 🚫🥛	SFNV-Generalver-sammlung ○ 🌿 🍷 🚫🥛	SFNV-Generalver-sammlung ○ 🌿 🍷 🚫🥛
Lily of the Valley I Umami Mi-cro-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) ○ 🌱 🍷 🚫🥛
New Roots Cheese Pie (vegan)	NewRoots Chäsküechli ○	NewRoots Chäsküechli ○	NewRoots Chäsküechli ○	NewRoots Chäsküechli ○	NewRoots Chäsküechli ○
Lily of the Valley I New Roots Jalapeno Ketchup I Fermented Vegetables	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse ○ 🌿 🍷 🚫🥛	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse ○ 🌿 🍷 🚫🥛	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse ○ 🌿 🍷 🚫🥛	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse ○ 🌿 🍷 🚫🥛	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse ○ 🌿 🍷 🚫🥛
Miso Cauliflower soup (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) ○ 🌱 🍷 🚫🥛
Fennel I Pilsa Bread (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) ○ 🌿 🍷 🚫🥛

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 PinSwiss Miso I Cauliflower soup (vegan)
Tzatziki I Fennel I Pina Bread (vegan)

Saturday

Sunday

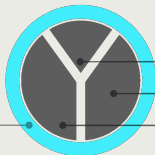
SFNV-Generalversammlung	SFNV-Generalversammlung
   	   
Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)
   	   
NewRoots Chäsküechli	NewRoots Chäsküechli
	
Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes 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 | Mixed Salads | Breadcrumbs
 Yumame | Knoblauch | Spätzli | Miso-Würstchen
 Miso-Würstchen
 Dattel Snicker (vegan)
 Brownie | hemp

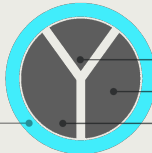
Monday	Tuesday	Wednesday	Thursday	Friday
Salatvariation 	Salatvariation 	Salatvariation 	Salatvariation 	Salatvariation
Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) 	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) 	Planted steak Baked Potatoes Autumn vegetables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



Sunday

NewRoots Cheese + Swiss Miso (vegan)

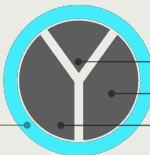


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