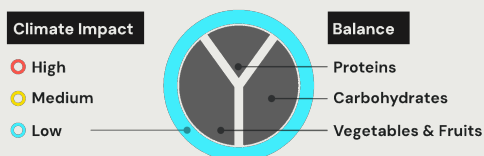


**For the digital meal plan with further details, scan the QR-Code!**



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**Discover the  
climate impact  
of meals...**



...and  
identify  
balanced  
nutrition.

# Grosse Schanze | SNVF Generalversammlung SFNV-Generalversammlung 14. to 20.12.2015

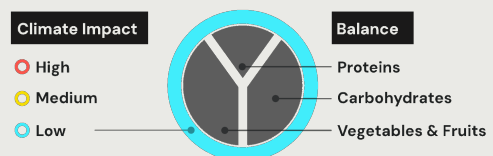
**For the digital meal plan with further details, scan the QR-Code!**



|      | Saturday                                                                                                                                 | Sunday                                                                                                                                   |
|------|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| Menu | <div>SFNV-Generversammlung</div> <div><div></div><div><div></div><div></div><div></div></div></div>                                      | <div>SFNV-Generversammlung</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 Blumenkohluppe (vegan)</div> <div><div></div><div><div></div><div></div><div></div></div></div>                                | <div>Miso Blumenkohluppe (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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# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 14. to 20.12.2015

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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<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-Würstchen (vegan)<br>                        | Seitangulasch   Spätzli   Miso-Würstchen (vegan)<br>                        | Seitangulasch   Spätzli   Miso-Würstchen (vegan)<br>                        | Seitangulasch   Spätzli   Miso-Würstchen (vegan)<br>                        | Seitangulasch   Spätzli   Miso-Würstchen (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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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

### 14. to 20.12.2015

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



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

#### Saturday

##### Salatvariation



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



##### Fusilli Yumame



Seitangulasch | Spätzli | Miso-Wirsing (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



#### Sunday

##### 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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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

### 14. to 20.12.2015

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



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)                         |
| <div> <div></div> <div></div> <div></div> <div></div> </div> | <div> <div></div> <div></div> <div></div> <div></div> </div> | <div> <div></div> <div></div> <div></div> <div></div> </div> | <div> <div></div> <div></div> <div></div> <div></div> </div> | <div> <div></div> <div></div> <div></div> <div></div> </div> |

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Discover the climate impact of meals...



...and identify balanced nutrition.

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

14. to 20.12.2015

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



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

Saturday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (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.