

26.12.33 to 01.01.2034

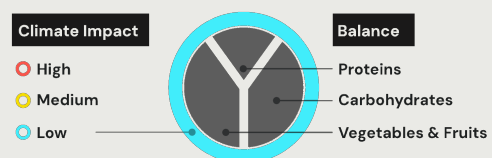
For the digital meal plan with further details, scan the QR-Code!



	Monday	Tuesday	Wednesday	Thursday	Friday
Menu	SFNV-Generalver-sammlung	SFNV-Generalver-sammlung	SFNV-Generalver-sammlung	SFNV-Generalver-sammlung	SFNV-Generalver-sammlung
Tarte flambée I Uma-mi Micro-greens (vegan)					
					
	NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli
	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 Blu-menkohlsuppe (vegan)	Miso Blu-menkohlsuppe (vegan)	Miso Blu-menkohlsuppe (vegan)	Miso Blu-menkohlsuppe (vegan)	Miso Blu-menkohlsuppe (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.**

Grosse Schanze | SNVF Generalversammlung

SFNV-Generalversammlung

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Saturday		Sunday	
Menu SFNV-Generalversammlung Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya Bites I Daikon I New Roots Cheese Pie (vegan) Miso soup (vegan) Tzatziki I Fennel I Pinsa Bread (vegan)	SFNV-Generalversammlung 	SFNV-Generalversammlung 	SFNV-Generalversammlung 
	Tarte flambée I Umami Micro-greens (vegan) 		
	NewRoots Chäsküechli		
	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse 		
	Miso Blumenkohlsuppe (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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	Monday	Tuesday	Wednesday	Thursday	Friday
Sauce Baked potatoes Mixed Salads Breadcrumbs Autumn vegetables... (vegan) Kürbis (vegan) Miso-Würsing Dattel Snicker (vegan) Brownie hemp	Salatvariation Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) Fusilli Yumame Seitangulasch Spätzli Miso-Würsing (vegan) Dattel Snicker (vegan) Hanfsamen Brownie	Salatvariation Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) Fusilli Yumame Seitangulasch Spätzli Miso-Würsing (vegan) Dattel Snicker (vegan) Hanfsamen Brownie	Salatvariation Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) Fusilli Yumame Seitangulasch Spätzli Miso-Würsing (vegan) Dattel Snicker (vegan) Hanfsamen Brownie	Salatvariation Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) Fusilli Yumame Seitangulasch Spätzli Miso-Würsing (vegan) Dattel Snicker (vegan) Hanfsamen Brownie	Salatvariation Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) Fusilli Yumame Seitangulasch Spätzli Miso-Würsing (vegan) Dattel Snicker (vegan) 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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New Roots white cheese variations incl. Swiss-Miso +...

Saturday

NewRoots Cheese + Swiss Miso (vegan)



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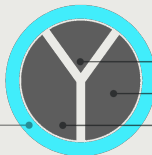
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