

**Grosse Schanze | SNVF Generalversammlung
SFNV-Generalversammlung
15. to 21.02.2010**

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



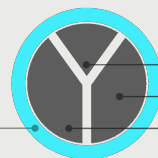
	Monday	Tuesday	Wednesday	Thursday	Friday
Menu	SFNV-Generalver- sammlung	SFNV-Generalver- sammlung	SFNV-Generalver- sammlung	SFNV-Generalver- sammlung	SFNV-Generalver- sammlung
Lunch					
	Tarte flambée I Uma- mi Micro-greens (ve- gan)	Tarte flambée I Uma- mi Micro-greens (ve- gan)	Tarte flambée I Uma- 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...**

Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

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

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Saturday		Sunday	
Menu	SFNV-Generalversammlung	SFNV-Generalversammlung	
	Tarte flambée I Umami Micro-greens (vegan)		Tarte flambée I Umami Micro-greens (vegan)
	NewRoots Chäsküechli		NewRoots Chäsküechli
Luya Bites I Daikon I New Roots Cheese Pie (vegan) Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya Bites I Daikon I New Roots Cheese Pie (vegan) Jalapeno Ketchup I Fermented Vegetables Miso Blumenkohlsuppe (vegan) Tzatziki I Fennel I PinSwiss Miso I Cauliflower soup (vegan) Tzatziki I Fennel I PinSwiss Miso I Cauliflower soup (vegan)	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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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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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...
 Yumame | Knoblau | Fusilli | Miso-Wirsing | Seitangulasch | Spätzli | 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 +...

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

Saturday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)



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