

Food guide
Monday, 21st September 2015
Committee Meeting

*EAT YOURSELF SMART and BOOST your MENTAL ENERGY
proposed by "meet up - eat smart" food concept
and Kongresshaus Zürich*

Energy Lunch buffet

Graved salmon

Air dried meat from the Grisons and **Sbrinz** flakes

Greek salad with **feta**

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Veal stripes with air dried **tomatoes** and **olives**

Polenta moons

Potato gnocchi with **pumpkin**, **hazelnuts**, **sugar
peas** and **fennel** stripes

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Orange salad with **nuts**

*Intelligent nutrition coupled with taste: discover with the help of the
colour codes which groups of effective ingredients will get you through the
event without flagging. The colour codes tell you what smart ingredients
the nibbles contain. We invite you to take a look at*

www.eat-smart.ch

heading to find out more about it!

Secondary plant substances
Minerals/trace elements
Proteins

Unsaturated fatty acids
Vitamins
Carbohydrates

