

Inselspital Bern

Diet Menus

30 June - 06 July 2025



Aufbau Stufe 1

Aufbau Stufe 2

Leichte Vollkost

Feingeschnitten

Diabetes Balance 50
g KH und 40 g KH

Gestationsdiabetes
2000 kcal

Kinder-Diabetes

70–80 gr Eiweiss P,
K- und Na-definiert

Natriumdefiniert

Gluten- und
Laktosefrei

Laktosefrei

Flüssig

30 June - 06 July 2025

Aufbau Stufe 1

Lunch

Monday	Tuesday	Wednesday	Thursday
Cream soup with egg Minced chicken with thyme sauce Potato cubes Carrots and courgettes Vanilla cream	White-bread soup Beef mince with rosemary sauce Polenta Mocha quark cream	Potato soup Minced veal with curcuma sauce Semolina galettes Vanilla flan with fruit sauce	Rice soup Minced Turkey with marjoram sauce Millet risotto Courgettes cubes Chocolate pudding with biscuits
Friday	Saturday	Sunday	
Asparagus soup Fish ragout Saffron sauce Rice Pear quark with mint	Semolina soup Minced Beef with oregano sauce Ribeli Carrot cubes Chocolate cream	Corn soup Minced pork with apple sauce Rice Semolina pudding	

Dinner

Monday	Tuesday	Wednesday	Thursday
Oatmeal soup Turkey ham mousse Toast bread Yoghurt flan with peach sauce	Courgette soup Tofu cubes with green herb sauce Fine pasta Pear puree	Carrot soup Quark bowl with fruits Toast bread	Fennel soup Minced pork with herb sauce Mashed potato Yoghurt cream
Friday	Saturday	Sunday	
Cream soup with egg Veal pudding Basil sauce Potatoes cubes	Courgette soup Spätzli terrine Vegetable sauce Peach puree	Rice soup Tofu cubes with persil sauce Polenta Apple cream	

30 June - 06 July 2025

Aufbau Stufe 2

Lunch

Monday	Tuesday	Wednesday	Thursday
Corn soup	Tomato soup	Bouillon with vegetables cubes	Parsley soup
Veal burger	Breast of chicken	Roast pork shoulder	Beef cutlet with Gravy
Rosemary sauce	Herb sauce	Gravy	Rice
Schupfnudeln	Pasta "Gletscherhüetli"	Fried potatoes	Courgettes
Carrots	Italian vegetables	Palatinate carrots	Vanilla cream
Cooked apple slices	Vanilla cream	Peach-yoghurt cake	
Friday	Saturday	Sunday	
Clear vegetable soup	Semolina soup	Fennel soup	
Spaghetti	Beef burger	Veal ragout with Gravy	
Vegi - Bolognaise	Gravy	Rice	
Fruit cocktail	Fried potatoes	Cabbage turnip	
	Carrots	Raspberry yogurt cream	
	Chocolate pear slice		

Dinner

Monday	Tuesday	Wednesday	Thursday
Risotto with parmesan	Yogurt bowl with fruits	Pappardelle	Cold cuts plate with compote fruits
Baked vegetables	Brown bread	Basil sauce	Brown bread
Pineapple compote		Roasted vegetables	
		Grated cheese	
		Pear compote	
Friday	Saturday	Sunday	
Apple quark casserole	Cheese and vegetable spaetzli	Tofu cubes with persil sauce	
Vanilla sauce	Fruit cocktail	Polenta	
Peach compote		Pear compote	

30 June - 06 July 2025

Leichte Vollkost

Lunch

Monday	Tuesday	Wednesday	Thursday
Corn soup	Tomato soup	Bouillon with vegetables cubes	Parsley soup
Veal burger	Breast of chicken	Roast pork shoulder	Beef cutlet with Gravy
Rosemary sauce	Herb sauce	Gravy	Rice
Schupfnudeln	Pasta "Gletscherhüetli"	Fried potatoes	Courgettes
Carrots and peas	Italian vegetables	Palatinate carrots	Vanilla cream
Cooked apple slices	Passion fruit cream	Peach-yoghurt cake	
Friday	Saturday	Sunday	
Clear vegetable soup	Semolina soup	Fennel soup	
Spaghetti	Beef burger	Veal ragout with Gravy	
Vegi - Bolognaise	Cream sauce	Rice	
Mixed salad	Fried potatoes	Broccoli	
Fruit salad	Celery stalk	Raspberry yogurt cream	
	Chocolate pear slice		

Dinner

Monday	Tuesday	Wednesday	Thursday
Risotto with parmesan	Garnished thon salad	Pappardelle	Cold cuts plate with fruits
Baked vegetables	Vivafit bread roll	Basil sauce	Vivafit bread roll
Mixed salad with egg	Mixed salad	Roasted vegetables	Celery salad
		Parmesan chips	
		Loose-leaf lettuce	
Friday	Saturday	Sunday	
Vegetables- potatoes gratin with Gruyere	Cheese and vegetable spaetzli	Tortelli cream cheese	
Lettuce salad	Lollo salad	Basil sauce	
		Curly endive	

30 June - 06 July 2025

Feingeschnitten

Lunch

Monday	Tuesday	Wednesday	Thursday
Cream soup with egg Chicken stripes with thyme sauce Potato cubes Celery with saffron Vanilla cream	White-bread soup Beef bolognais Polenta with cheese Peas Mocha quark cream	Patato cream soup Veal stripes with curcuma sauce Semolina galettes Two-coloured carrot cubes Panna cotta with fruit sauce	Rice cream soup Turkey stripes with marjoram sauce Millet risotto Mixed vegetable cubes Chocolate pudding with biscuits
Friday	Saturday	Sunday	
Asparagus cream soup Fish ragout Saffron sauce Rice Creamed spinach Pear quark with mint	Semolina cream soup Beef stripes with oregano sauce Ribeli Vegetable cubes Chocolate cream	Corn cream soup Pork stripes with apple sauce Rice Mixed vegetable cubes Semolina flan with fruit sauce	

Dinner

Monday	Tuesday	Wednesday	Thursday
Oatmeal soup Turkey ham mousse Bread roll Yoghurt flan with peach sauce	Courgettes cream soup Tofu cubes with green herb sauce Fine pasta Pear compote	Carrot cream soup Yoghurt bowl with fruits Bread roll	Fennel cream soup Meat loaf cubes with herb sauce Duchesse potatoes Peas Yoghurt cream
Friday	Saturday	Sunday	
Cream soup with egg Veal pudding Basil sauce Potatoes cubes Slices of tomatoes Vanilla flan	Courgettes cream soup Spätzli terrine Vegetable sauce Mango frappee	Rice cream soup Tofu cubes with persil sauce Corn half moons Creamed spinach Apple cream	

30 June - 06 July 2025

Diabetes Balance 50 g KH und 40 g KH

Lunch

Monday	Tuesday	Wednesday	Thursday
Bouillon with vegetable strips Veal burger Rosemary juice Schupfnudeln Carrots Cooked apple slices	Tomato soup Chicken thigh steak Portwine juice Pasta "Gletscherhüetli" Italian vegetables Passion fruit cream	Bouillon with vegetables cubes Roast pork shoulder Grainy mustard juice Rösti pieces Leaf-spinach Raspberry praline tartelette	Cress soup Beef strips Stroganoff Rice Courgettes Leaf salad Burnt custard
Friday	Saturday	Sunday	
Clear vegetable soup Spaghetti Vegi - Bolognaise Mixed salad Fruit salad	Bouillon with egg Grosis Meatloaf Gravy jus Fried potatoes Beans Nut roll	Fennel soup Veal ragout with Morel jus Rice Broccoli Raspberry yogurt cream	

Dinner

Monday	Tuesday	Wednesday	Thursday
Risotto with parmesan Baked vegetables Mixed salad with egg Fruit yoghurt Daily fruit	Garnished thon salad Vivafit bread roll Mixed salad Fruit yoghurt Daily fruit	Pappardelle Basil sauce Roasted vegetables Parmesan chips Loose-leaf lettuce Fruit yoghurt Daily fruit	Smoked country ham Vivafit bread roll Celery salad Fruit yoghurt Daily fruit
Friday	Saturday	Sunday	
Vegetables- potatoes gratin Lettuce salad Fruit yoghurt Daily fruit	Cheese and vegetable spaetzli (with Bresola Stripes) Lollo salad Fruit yoghurt Daily fruit	Tortelli cream cheese Saffron sauce with vegetables cubes Frisee salad Fruit yoghurt Daily fruit	

30 June - 06 July 2025

Gestationsdiabetes 2000 kcal

Lunch

Monday	Tuesday	Wednesday	Thursday
Bouillon with vegetable strips Veal burger Rosemary juice Schupfnudeln Carrots Brown bread Carrot cake	Tomato soup Chicken thigh steak Portwine juice Pasta "Gletscherhüetli" Italian vegetables Brown bread Vanilla cream	Bouillon with vegetables cubes Roast pork shoulder Grainy mustard juice Rösti pieces Leaf-spinach Brown bread Shortbread biscuits	Cress soup Beef strips Stroganoff Rice Courgettes Leaf salad Brown bread Apple compote
Friday	Saturday	Sunday	
Clear vegetable soup Spaghetti Vegi - Bolognaise Mixed salad Brown bread Fruit salad	Bouillon with egg Grosis Meatloaf Gravy jus Fried potatoes Beans Brown bread Raspberry roulade	Fennel soup Veal ragout with Mushroom jus Rice Broccoli Brown bread Chocolate cream	

Dinner

Monday	Tuesday	Wednesday	Thursday
Risotto with parmesan Baked vegetables Mixed salad with egg Fruit yoghurt Daily fruit	Garnished thon salad Vivafit bread roll Mixed salad Fruit yoghurt Daily fruit	Pappardelle Basil sauce Roasted vegetables Parmesan chips Loose-leaf lettuce Fruit yoghurt Daily fruit	Smoked country ham Vivafit bread roll Celery salad Fruit yoghurt Daily fruit
Friday	Saturday	Sunday	
Vegetables- potatoes gratin Lettuce salad Fruit yoghurt Daily fruit	Cheese and vegetable spaetzli (with Bresola Stripes) Lollo salad Fruit yoghurt Daily fruit	Tortelli cream cheese Saffron sauce with vegetables cubes Frisee salad Fruit yoghurt Daily fruit	

30 June - 06 July 2025

Kinder-Diabetes

Our children's diabetes menus

Chicken balls with sauce

Mashed potatoes
Carrots
Lettuce
Chocolate cream (Lunch)

Fish Fingers

Mayonnaise
Rice
Spinach
Lettuce
Carrot cake (Lunch)

Pasta Hörnli

Tomatoe sauce
Grated cheese
Lettuce
Apple compote (Lunch)

Minced veal Steak

Gravy sauce
Mashed potatoes
Broccoli
Lettuce
Fruit salad (Lunch)

Bircher Müesli

Gruyère
Spreadable Cheese
Brown bread

Vegetable balls

Cocktail sauce
Rice
Vegetable sticks
Lettuce
Biscuit roll with raspberries (Lunch)

Chicken Nuggets

Cocktail sauce
Roast potatoes
Carrots
Lettuce
Sablé (Lunch)

Cheese Spätzli

Vegetable dices
Cucumber salad
Vanilla cream (Lunch)

Chicken cold meats

Milk bun
Carot salad
Vanilla cream (Lunch)

Minced beef

Elbow pasta
Vegetable sticks
Lettuce
Apple compote (Lunch)

Spinach Tortellini

Cream sauce
Grated Cheese
Cucumber salad
Chocolat cream (Lunch)

Bread | Cheese

Gruyère
Spread Cheese
Butter
Jam
Brown bread
Milk

30 June - 06 July 2025

70–80 gr Eiweiss P, K- und Na-definiert

Lunch

Monday	Tuesday	Wednesday	Thursday
Veal burger Rosemary sauce Fried potatoes Carrots and peas Shortbread biscuits	Breast of chicken Portwine sauce Pasta "Gletscherhüetli" Italian vegetables Orange cream	Roast pork shoulder Mustard sauce Millet Palatinate carrots Mocca cream	Beef strips Stroganoff Rice Courgettes Sweet cider cream
Friday	Saturday	Sunday	
Spaghetti Vegi - Bolognaise Grated cheese Mixed salad Fruit salad	Beef burger Cream sauce Fried potatoes Beans Biscuit roulade	Veal ragout with Gravy Rice Broccoli Raspberry compote	

Dinner

Monday	Tuesday	Wednesday	Thursday
Risotto Grated cheese Baked vegetables Mixed salad with egg	Cold cuts plate with fruits Bread roll reduced salt Celery salad	Pappardelle Basil sauce Roasted vegetables Grated cheese Loose-leaf lettuce	Market salad with ham Bread roll reduced salt Carrot salad
Friday	Saturday	Sunday	
Pasta vegetable gratin Lettuce salad	Spaetzli vegetable pan Lollo salad	Bow ties Saffron sauce with vegetables cubes Grated cheese Frisee salad	

30 June - 06 July 2025

Natriumdefiniert

Lunch

Monday	Tuesday	Wednesday	Thursday
Veal burger Rosemary sauce Fried potatoes Carrots and peas Cooked apple slices	Breast of chicken Portwine sauce Pasta "Gletscherhüetli" Italian vegetables Passion fruit cream	Roast pork shoulder Mustard sauce Millet Palatinate carrots Raspberry praline tartelette	Beef strips Stroganoff Rice Courgettes Burnt custard
Friday	Saturday	Sunday	
Spaghetti Vegi - Bolognaise Grated cheese Mixed salad Fruit salad	Beef burger Cream sauce Fried potatoes Beans Nut roll	Veal ragout with Gravy Rice Broccoli Raspberry yoghurt cream	

Dinner

Monday	Tuesday	Wednesday	Thursday
Risotto Grated cheese Baked vegetables Mixed salad with egg	Cold cuts plate with fruits Bread roll reduced salt Celery salad	Pappardelle Basil sauce Roasted vegetables Grated cheese Loose-leaf lettuce	Market salad with ham Bread roll reduced salt Carrot salad
Friday	Saturday	Sunday	
Pasta vegetable gratin Lettuce salad	Spaetzli vegetable pan Lollo salad	Bow ties Saffron sauce with vegetables cubes Grated cheese Frisee salad	

30 June - 06 July 2025

Gluten- und Laktosefrei

Lunch

Monday	Tuesday	Wednesday	Thursday
Sweetcorn soup	Tomato soup	White bean soup	Cress soup
Beef burger	Chicken thigh steak	Roast pork shoulder	Beef strips Stroganoff
Rosemary sauce	Portwine sauce	Grainy mustard sauce	Rice
Schupfnudeln gluten free	Penne gluten free	Fried potatoes	Courgettes
Carrots and peas	Italian vegetables	Leaf-spinach	Burnt custard
Cooked apple slices	Passion fruit cream	Apricot muffin	

Friday	Saturday	Sunday
Clear vegetable soup	Bouillon with egg	Fennel soup
Spaghetti gluten free	Beef burger	Veal ragout with
Vegi - Bolognaise	Cream sauce	Morel sauce
Mixed salad	Fried potatoes	Rice
Fruit salad	Beans	Broccoli
	Chocolate muffin	Raspberry yoghurt cream

Dinner

Monday	Tuesday	Wednesday	Thursday
Risotto with parmesan	Garnished thon salad	Penne gluten free	Smoked country ham
Baked vegetables	Fitness rolls gluten free	Basil sauce	Sunday rolls gluten free
Mixed salad with egg	Mixed salad	Roasted vegetables	Celery salad
		Parmesan chips	
		Loose-leaf lettuce	

Friday	Saturday	Sunday
Vegetables- potatoes gratin with Gruyere	Cheese and vegetable spaetzli	Pasta gluten free
Lettuce salad	Lollo salad	Saffron sauce with vegetables cubes
		Grated Cheese
		Curly endive

30 June - 06 July 2025

Laktosefrei

Lunch

Monday	Tuesday	Wednesday	Thursday
Sweetcorn soup	Tomato soup	White bean soup	Cress soup
Veal burger	Chicken thigh steak	Roast pork shoulder	Beef strips Stroganoff
Rosemary sauce	Portwine sauce	Grainy mustard sauce	Rice
Schupfnudeln	Pasta "Gletscherhüetli"	Fried potatoes	Courgettes
Carrots and peas	Italian vegetables	Leaf-spinach	Burnt custard
Cooked apple slices	Passion fruit cream	Blueberry muffin	

Friday	Saturday	Sunday
Clear vegetable soup	Semolina soup	Fennel soup
Spaghetti	Beef burger	Veal ragout with
Vegi - Bolognaise	Cream sauce	Morel sauce
Mixed salad	Fried potatoes	Rice
Fruit salad	Beans	Broccoli
	Chocolate pear slice	Raspberry yoghurt cream

Dinner

Monday	Tuesday	Wednesday	Thursday
Risotto with parmesan	Garnished thon salad	Pappardelle	Smoked country ham
Baked vegetables	Vivafit bread roll	Basil sauce	Vivafit bread roll
Mixed salad with egg	Mixed salad	Roasted vegetables	Celery salad
		Parmesan chips	
		Loose-leaf lettuce	

Friday	Saturday	Sunday
Vegetables- potatoes gratin with Gruyere	Cheese and vegetable spaetzli	Tortelloni with quinoa spinach
Lettuce salad	Lollo salad	Saffron sauce with vegetables cubes
		Curly endive

30 June - 06 July 2025

Flüssig

Choose your menu

The liquid food is always fortified. Each portion contains 20g of carbohydrates and is free of lactose, nuts and celery. A balanced liquid menu consists of a starch soup, a vegetable soup and a frappé.

Starch soups

Patato cream soup
Semolina cream soup
Bread soup

Vegetable soups

Pea cream soup
Carotte cream soup
Parsnip cream soup
Pumkin cream soup
Broccoli cream soup

Frappé

Chocolate
Vanilla
Mango

Snacks

Fruit juice

Orange juice
Multivitamin juice
Apple juice
Pineapple juice

Protein Milk

Coffee
Vanilla
Strawberries

Frappé

Chocolate
Vanilla
Mango

Prepared with love

Our products are
home made.

Each year a squad of

54

prepares over

860 000

meals for our patients.

We serve
76 wards.



Out of the stockpot

It all boils down to the soup –
each day around
100 liters of soup
are freshly prepared.



Service with heart & soul

If you have any questions
regarding our menu, we are
happy to be of service.

We will adjust your portion to suit your
needs, no matter how big your appetite.



Buying in bulk

218 439

bread rolls per year – strung
together, they would cover the
distance from Bern to Thun.



16 813
apples in a year.
The yield of 84 apple trees.

30

dairy cows give all
of their milk to the
Inselspital.

Our bakery

50

fruitcakes and more than

940

desserts are prepared
and served per day.



Concentration required

Three times a day,
every day of the year

20 people spend
about 1½ hours
arranging the trays, in order to serve
800 patients.



Logistics

Every day...

80 000
pieces of tableware
need washing.

258
trolleys transport
the food-trays to
our patients.

2 300
sets of cutlery
are packed.

Sustainability

The Insel Gruppe strives to become climate-neutral over the course of the coming decades and has already implemented a variety of measures to come closer to that goal.

Learn more about our sustainability-efforts with regard to food an beverages:



Variegated restaurants

We are serving our guests 365 days of the year at 10 different locations.

We are looking forward to welcome you:



Feedback

Please share your criticism and commendations with us:



Please find our
menu
here:



Insel Gruppe

Direktion Immobilien und Betrieb

Bereich Hotellerie

www.insel.ch/de/patienten-und-besucher/hotellerie

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