



OPEN AN ACCOUNT

Subscribe online on www.assiettevolante.ch to receive your login and password company: 1 access/employee



ORDER MEALS

Balanced and various meals to choose and **order until 4:00 pm delivery next day**



HEAT & SERVE

Eat when and where you want : **Microwave ready in 3 min.** can be eaten until next 2 days



Schedule

Monday at Friday until 4:00 pm
→ Chill delivery next morning between 9:00 and 11:00 am

Delivery

Lausanne to Geneva

Company contribution

Monthly and personalised
Delivery included



www.assiettevolante.ch
info@assiettevolante.ch

any questions ?
021 646 46 30



l'assiette volante

3 clicks to eat well at work

Order balanced meals in just a few clicks ? Now, it is possible ! Eat at work never be so easy. The meals are **convenient, healthy and save you valuable time and effort.** All you do is heat and serve.

Seriously good healthy food

per day, a meal brings :

- 33% Daily Energy Requirements (DER)
- Balance between the 3 main types of nutrients carbs-proteins-fats
- 2 portions of fruits & vegetables min.
- high nutritional quality of oils and fats and reduced quantity

You can feel the benefits of a balanced diet immediately. Slump no more ! You feel on-top and reduce the risk of overweight, diabetes, heart disease and cancer.



A fresh and delicious prepared meals, individually packaged



Specially selected for their freshness, fruits and salads in season complete rightly our menus.

1 meal =
700kcal
33% DER

Balanced meals « à la carte »

Three new Chef suggestions daily, for example :

Menu A - *Fourchette verte* style

- Chicken fricassee with tarragon
- Oat flakes flat cakes
- Sauteed green beans with thyme
- Fruit in season*



15,00CHF

FR | EN
website

Menu B - *vegetarian*

- Tofu escalope with curry
- Couscous semolina with raisin
- Shredded celery and carrots
- Fruit in season*

Menu C - *pasta*

- Three sorts of filling pasta, boscaiola sauce
- Salad in season*
- Fruit in season*

Healthy lifestyle choice for busy consumers

Our prepared meals are **balanced and reduced fat** therefore you can enjoy your dinner knowing your meal is a healthier option to takeaway. We only use the best quality ingredients: lean meats, fresh vegetables and herbs and good quality olive, colza and high oleic sunflower oils.

Almost nothing to do

Every user can order and pay individually his meals on **Internet**, and receive them with a personal label. It is also really easy to order meals for a team.

Three minutes in a **micro-wave** and you can eat a tasty meal with lots of flavour. Stored in the **fridge** and thanks to the freshness of our food, the meals can be eaten until next 2 days.