

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 03. to 09.01.1994

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



|                                                          | Monday                                                   | Tuesday                                                  | Wednesday                                                | Thursday                                                 | Friday                                                   |
|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| Menu                                                     | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  |
|                                                          | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  |
| Tarte flambée I Umami Micro-greens (vegan)               | Tarte flambée I Umami Micro-greens (vegan)               | Tarte flambée I Umami Micro-greens (vegan)               | Tarte flambée I Umami Micro-greens (vegan)               | Tarte flambée I Umami Micro-greens (vegan)               | Tarte flambée I Umami Micro-greens (vegan)               |
|                                                          | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  |
| NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     |
|                                                          | <div><div></div></div>                                   | <div><div></div></div>                                   | <div><div></div></div>                                   | <div><div></div></div>                                   | <div><div></div></div>                                   |
| 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 | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse |
|                                                          | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  |
| Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             |
|                                                          | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  |
| 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)                   | Tzatziki, Fenchel, Pinsa Bread (vegan)                   |
|                                                          | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  | <div><div></div><div></div><div></div><div></div></div>  |

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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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## SFNV-Generalversammlung

03. to 09.01.1994

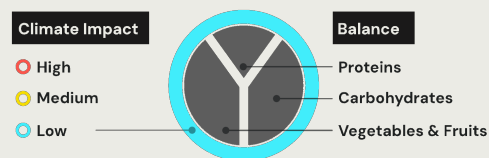
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| Saturday                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                            | Sunday                                                                                                                                                                                                                                                                                           |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>Jalapeno Ketchup I Fermented Vegetables<br>Miso Blumenkohlsuppe (vegan)<br>Tzatziki I Fennel I Pilsa Bread (vegan) | SFNV-Generalversammlung                                                                                                                                                                                                                                                                    | SFNV-Generalversammlung                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                                   | <div><div></div><div></div></div>       | <div><div></div><div></div></div>       |  |
|                                                                                                                                                                                                                                                                                   | Tarte flambée I Umami Micro-greens (vegan)                                                                                                                                                                                                                                                 | Tarte flambée I Umami Micro-greens (vegan)                                                                                                                                                                                                                                                       |  |
|                                                                                                                                                                                                                                                                                   | <div><div></div><div></div></div>       | <div><div></div><div></div></div>       |  |
|                                                                                                                                                                                                                                                                                   | NewRoots Chäsküechli                                                                                                                                                                                                                                                                       | NewRoots Chäsküechli                                                                                                                                                                                                                                                                             |  |
|                                                                                                                                                                                                                                                                                   | <div><div></div><div></div></div> | <div><div></div><div></div></div> |  |
| Menu<br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>Jalapeno Ketchup I Fermented Vegetables<br>Miso Blumenkohlsuppe (vegan)<br>Tzatziki I Fennel I Pilsa Bread (vegan)                                                                                                  | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse                                                                                                                                                                                                                                 | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse                                                                                                                                                                                                                                       |  |
|                                                                                                                                                                                                                                                                                   | <div><div></div><div></div></div> | <div><div></div><div></div></div> |  |
|                                                                                                                                                                                                                                                                                   | Miso Blumenkohlsuppe (vegan)                                                                                                                                                                                                                                                               | Miso Blumenkohlsuppe (vegan)                                                                                                                                                                                                                                                                     |  |
| Menu<br>Tzatziki I Fennel I Pilsa Bread (vegan)                                                                                                                                                                                                                                   | Tzatziki, Fenchel, Pinsa Bread (vegan)                                                                                                                                                                                                                                                     | Tzatziki, Fenchel, Pinsa Bread (vegan)                                                                                                                                                                                                                                                           |  |
|                                                                                                                                                                                                                                                                                   | <div><div></div><div></div></div> | <div><div></div><div></div></div> |  |

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...and identify balanced nutrition.

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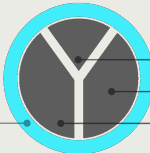
|                                                                                                                                                                                                                                                                                                                                                                                    | Monday                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                              | Friday                                                                                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div> <div>Sauce</div> <div>Baked potatoes</div> <div>Mixed Salads</div> <div>I Brembees</div> <div>Plant Potatoes</div> <div>Autumn vegetables</div> <div>Connies</div> <div>Ketchup (vegan)</div> <div>Fusilli</div> <div>Yumame</div> <div>Seitangulasch</div> <div>Spätzli</div> <div>Miso-Wirsing</div> <div>Dattel Snicker (vegan)</div> <div>Hanfsamen Brownie</div> </div> | <div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                               | <div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                               | <div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                               | <div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                               | <div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                    | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div> |
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|                                                                                                                                                                                                                                                                                                                                                                                    | <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                               | <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                               | <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                               | <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                               | <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                               |
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Discover the climate impact of meals...

Climate Impact

- High
- Medium
- Low



Balance

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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)

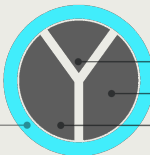


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New Roots white cheese variations incl. Swiss-Miso +...

Saturday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)



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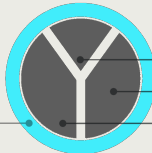
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