

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 31.12.07 to 06.01.2008

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



Menu

Tarte flambée I Umami Micro-greens (vegan)

New Roots Cheese Pie

Luya Bites I Daikon I New Roots Cheese Pie I Fermented Vegetables

Miso Soup I Cauliflower

Tzatziki I Fennel I Pina Bread (vegan)

| Monday                                                   | Tuesday                                                  | Wednesday                                                | Thursday                                                 | Friday                                                   |
|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  |
| 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)               |
| 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 Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (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)                   |

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

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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) | hemp  
Brownie

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)



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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

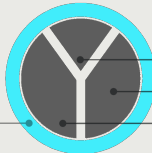


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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...  
 Yumame | Knoblau | Fusilli | Miso-Wirsing | Seitangulasch | Spätzli | Dattel Snicker (vegan) | Hanfsamen Brownie |

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 +...

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)

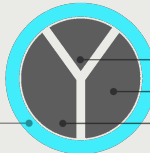


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Saturday

Sunday

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

NewRoots Cheese + Swiss Miso (vegan)



NewRoots Cheese + Swiss Miso (vegan)



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