

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



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**...and
identify
balanced
nutrition.**

Grosse Schanze | SNVF Generalversammlung

SFNV-Generalversammlung

06. to 12.03.2034

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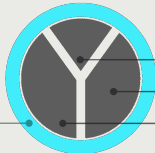
Saturday		Sunday	
Menu SFNV-Generalversammlung Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya Bites I Daikon I New Roots Cheese Pie (vegan) Miso I PinSwiss Miso I Cauliflower soup (vegan) Tzatziki I Fennel I Pinsa Bread (vegan)	SFNV-Generalversammlung	SFNV-Generalversammlung	
	Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)	
	NewRoots Chäsküechli	NewRoots Chäsküechli	
	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse	
	Miso Blumenkohlsuppe (vegan)	Miso Blumenkohlsuppe (vegan)	
Menu SFNV-Generalversammlung Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya Bites I Daikon I New Roots Cheese Pie (vegan) Miso I PinSwiss Miso I Cauliflower soup (vegan) Tzatziki I Fennel I 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

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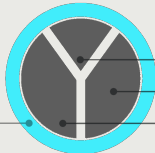
	Monday	Tuesday	Wednesday	Thursday	Friday
Sauce Baked potatoes Mixed Salads I Breunbees	Salatvariation	Salatvariation	Salatvariation	Salatvariation	Salatvariation
	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)
	Fusilli Yumame	Fusilli Yumame	Fusilli Yumame	Fusilli Yumame	Fusilli Yumame
	Seitangulasch Spätzli Miso-Wirsing (vegan)	Seitangulasch Spätzli Miso-Wirsing (vegan)	Seitangulasch Spätzli Miso-Wirsing (vegan)	Seitangulasch Spätzli Miso-Wirsing (vegan)	Seitangulasch Spätzli Miso-Wirsing (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 | Yumame | Kürbis (vegan) | Kürbis (vegan) | Miso-Wirsing
Dattel Snicker (vegan) | Dattel Snicker (vegan) | Hanfsamen Brownie | 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

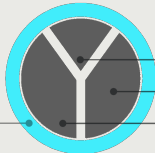


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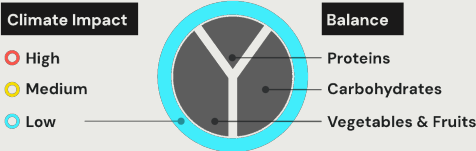


New Roots white cheese variations incl. Swiss-Miso +...

Monday	Tuesday	Wednesday	Thursday	Friday
NewRoots Cheese + Swiss Miso (vegan)	NewRoots Cheese + Swiss Miso (vegan)	NewRoots Cheese + Swiss Miso (vegan)	NewRoots Cheese + Swiss Miso (vegan)	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)

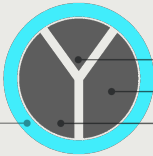


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