

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 10. to 16.03.2042

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 I Daikon I New Roots Cheese Pie (vegan) | Luya Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse | Luya Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse | Luya Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse | Luya Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse | Luya Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>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 soup (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 I Fennel I 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

10. to 16.03.2042

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| Saturday                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                            | Sunday                  |                                                                                                                                                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Menu<br><br>s Tsatziki I Fennel I PinSwiss Miso I Cauliflower soup (vegan)<br>sa bread (vegan)<br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>an)<br>Jalapeno Ketchup I Fer-...<br>cro-greens (vegan)<br>Tarte flambée I Umami Micro-greens (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, 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)                                                                                                                                                                                                                                                                     |
|                                                                                                                                                                                                                                                               | <div><div></div><div></div></div> |                         | <div><div></div><div></div></div> |
|                                                                                                                                                                                                                                                               | 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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- High
- Medium
- Low



Balance

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- Carbohydrates
- Vegetables & Fruits

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

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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                                                                                                                                                                                                                                                                                                                                  | 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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