

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 29.03 to 04.04.2004

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



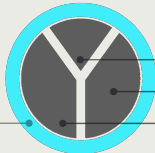
|                                                          | Monday                                                   | Tuesday                                                  | Wednesday                                                | Thursday                                                 | Friday                                                   |
|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| Menu                                                     | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
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| 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)               |
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|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
| NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     | NewRoots Chäsküechli                                     |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
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|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
| 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 |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
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| Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             | Miso Blumenkohlsuppe (vegan)                             |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
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|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
| 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)                   |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
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Discover the climate impact of meals...

Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

29.03 to 04.04.2004

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Menu  
Tarte flambée I Umami Micro-greens (vegan)  
NewRoots Chäsküechli  
Luya Bites I Daikon I NewRoots Cheese Pie (vegan)  
Jalapeno Ketchup I Fermented Vegetables  
Miso I Cauliflower soup (vegan)  
Tzatziki I Fennel I Pilsa Bread (vegan)

Saturday

Sunday

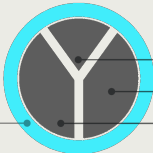
|                                                                    |                                                                    |
|--------------------------------------------------------------------|--------------------------------------------------------------------|
| SFNV-Generalversammlung                                            | 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> |
| 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> |
| NewRoots Chäsküechli                                               | NewRoots Chäsküechli                                               |
| <div><div></div><div><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, fermentiertes Gemüse         | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes 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> |
| 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> |
| Tzatziki, Fenchel, Pinsa Bread (vegan)                             | Tzatziki, Fenchel, Pinsa Bread (vegan)                             |
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Sauce  
Baked potatoes | Mixed Salads | Breadcrumbs  
Autumn vegetables...  
Yumame | Knoblauch | Spätzli | Miso-Würstchen  
Fusilli | Spätzli | Miso-Würstchen  
Dattel Snicker (vegan)  
Brownie | hemp

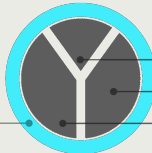
| Monday                                                                                                                                              | Tuesday                                                                                                                                             | Wednesday                                                                                                                                           | Thursday                                                                                                                                            | Friday                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Salatvariation</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Salatvariation</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Salatvariation</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Salatvariation</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Salatvariation</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               |
| <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div> |
| <b>Fusilli Yumame</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Fusilli Yumame</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Fusilli Yumame</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Fusilli Yumame</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Fusilli Yumame</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               |
| <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                             |
| <b>Dattel Snicker (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                       | <b>Dattel Snicker (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                       | <b>Dattel Snicker (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                       | <b>Dattel Snicker (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                       | <b>Dattel Snicker (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                       |
| <b>Hanfsamen Brownie</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                            | <b>Hanfsamen Brownie</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                            | <b>Hanfsamen Brownie</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                            | <b>Hanfsamen Brownie</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                            | <b>Hanfsamen Brownie</b><br><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

#### Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Con-nies Ketchup (vegan)



#### Fusilli Yumame



Seitangulasch | Spätzli | Miso-Wirsing (vegan)



Dattel Snicker (vegan)



#### Hanfsamen Brownie



### Sunday

#### 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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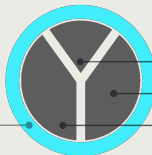
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Saturday

Sunday

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

NewRoots Cheese + Swiss Miso (vegan)



NewRoots Cheese + Swiss Miso (vegan)

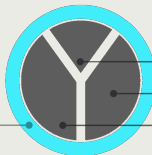


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