

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 02. to 08.04.2040

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                                  |
| Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I NewRoots Cheese Pie (vegan)<br>Jalapeno Ketchup I Fermented Vegetables<br>Miso Soup (vegan)<br>Tzatziki I Fennel I Pilsa Bread (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)               |
|                                                                                                                                                                                                                                    | 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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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 PinSwiss Miso I Cauliflower soup (vegan)  
Tzatziki I Fennel I Pinsa Bread (vegan)

Saturday

Sunday

|                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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)                                                                                                                                                                                                                                                                                                                          |
|     |     |
| Tzatziki, Fenchel, Pinsa Bread (vegan)                                                                                                                                                                                                                                                                                                          | Tzatziki, Fenchel, Pinsa Bread (vegan)                                                                                                                                                                                                                                                                                                                |
|     |     |

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|                                                                                    | Monday                                                                                                                                              | Tuesday                                                                                                                                             | Wednesday                                                                                                                                           | Thursday                                                                                                                                            | Friday                                                                                                                                              |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| Dattel Snicker (vegan)<br>Seitangulasch   Spätzli   Miso-Wirsing<br>Brownie   hemp | <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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