

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 10. to 16.04.2062

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



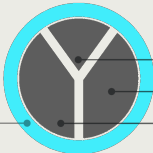
|                                                   | Monday                  | Tuesday                 | Wednesday               | Thursday                | Friday                  |
|---------------------------------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| Menu                                              | SFNV-Generalversammlung | SFNV-Generalversammlung | SFNV-Generalversammlung | SFNV-Generalversammlung | SFNV-Generalversammlung |
| Tarte flambée I Umami Micro-greens (vegan)        |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
| NewRoots Chäsküechli                              |                         |                         |                         |                         |                         |
| Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert |                         |                         |                         |                         |                         |
| Gemüse                                            |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
| Miso Blumenkohlsuppe (vegan)                      |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
| Tzatziki, Fenchel, Pinsa Bread (vegan)            |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |

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Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
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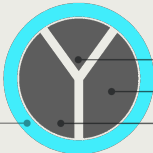
| Saturday                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                            | 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)                                                                                                                                                                                                                                                 |                                                            |                                                                                                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                                               | <div><div></div><div></div></div>       |                                                            | <div><div></div><div></div></div>       |
|                                                                                                                                                                                                                                                               | 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)                                                                                                                                                                                                                                                               |                                                            |                                                                                                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                                               | <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
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- Carbohydrates
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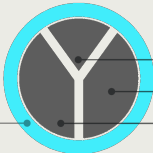
|                                                                                                                                                                                                                                                                    | Monday                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                              | Friday                                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div> <div>Sauce</div> <div> <div>Baked potatoes</div> <div>Autumn vegetables...</div> <div>Mixed Salads</div> <div>Plant-based Steaks</div> <div>Spätzli</div> <div>Seitangulasch</div> <div>Dattel Snicker (vegan)</div> <div>Brownie   hemp</div> </div> </div> | <div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                               | <div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                               | <div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                               | <div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                               | <div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                               |
|                                                                                                                                                                                                                                                                    | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div> |
|                                                                                                                                                                                                                                                                    | <div>Fusilli Yumame</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                               | <div>Fusilli Yumame</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                               | <div>Fusilli Yumame</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                               | <div>Fusilli Yumame</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                               | <div>Fusilli Yumame</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                               |
|                                                                                                                                                                                                                                                                    | <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                               | <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                               | <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                               | <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                               | <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                               |
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|                                                                                                                                                                                                                                                                    | <div>Hanfsamen Brownie</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                            | <div>Hanfsamen Brownie</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                            | <div>Hanfsamen Brownie</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                            | <div>Hanfsamen Brownie</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                            | <div>Hanfsamen Brownie</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                            |

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Bumblebee  
 Mixed Salads  
 Baked potatoes  
 Planting  
 Autumn vegetables  
 Con-  
 nies Ketchup (vegan)  
 Yumame  
 Miso-Wirsing  
 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

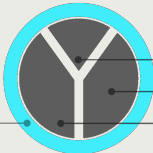


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New Roots white cheese variations incl. Swiss-Miso +...

| Monday                                                       | 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)                         |
| <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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New Roots white cheese variations incl. Swiss-Miso +...

Saturday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)

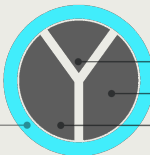


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