

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 13. to 19.04.2043

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 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 |
|                                                    | <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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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 PinSwiss 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                                                                                                                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sauce                                                                                                                                                                                                                                                                                      | Salatvariation                                                                                                                                                                                                                                                                             | Salatvariation                                                                                                                                                                                                                                                                             | Salatvariation                                                                                                                                                                                                                                                                                   | Salatvariation                                                                                                                                                                                                                                                                                   | Salatvariation                                                                                                                                                                                                                                                                                   |
|                                                                                                                                                                                                                                                                                            | <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>       |
|                                                                                                                                                                                                                                                                                            | Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)                                                                                                                                                                                                               | Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)                                                                                                                                                                                                               | Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)                                                                                                                                                                                                                     | Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)                                                                                                                                                                                                                     | Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)                                                                                                                                                                                                                     |
|                                                                                                                                                                                                                                                                                            | <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>       |
|                                                                                                                                                                                                                                                                                            | Fusilli Yumame                                                                                                                                                                                                                                                                             | Fusilli Yumame                                                                                                                                                                                                                                                                             | Fusilli Yumame                                                                                                                                                                                                                                                                                   | Fusilli Yumame                                                                                                                                                                                                                                                                                   | Fusilli Yumame                                                                                                                                                                                                                                                                                   |
|                                                                                                                                                                                                                                                                                            | <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> |
| Seitangulasch   Spätzli   Miso-Wirsing (vegan)                                                                                                                                                                                                                                             | Seitangulasch   Spätzli   Miso-Wirsing (vegan)                                                                                                                                                                                                                                             | Seitangulasch   Spätzli   Miso-Wirsing (vegan)                                                                                                                                                                                                                                             | Seitangulasch   Spätzli   Miso-Wirsing (vegan)                                                                                                                                                                                                                                                   | Seitangulasch   Spätzli   Miso-Wirsing (vegan)                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                  |
| <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> |                                                                                                                                                                                                                                                                                                  |
| Dattel Snicker (vegan)                                                                                                                                                                                                                                                                     | Dattel Snicker (vegan)                                                                                                                                                                                                                                                                     | Dattel Snicker (vegan)                                                                                                                                                                                                                                                                     | Dattel Snicker (vegan)                                                                                                                                                                                                                                                                           | Dattel Snicker (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> |                                                                                                                                                                                                                                                                                                  |
| Brownie   hemp                                                                                                                                                                                                                                                                             | Hanfsamen Brownie                                                                                                                                                                                                                                                                          | Hanfsamen Brownie                                                                                                                                                                                                                                                                          | Hanfsamen Brownie                                                                                                                                                                                                                                                                                | Hanfsamen Brownie                                                                                                                                                                                                                                                                                | Hanfsamen Brownie                                                                                                                                                                                                                                                                                |
|                                                                                                                                                                                                                                                                                            | <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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- High
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Balance

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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                                                                                                                                                                                                                                                                                                                                  | 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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