

Grosse Schanze | SNVF Generalversammlung

SFNV-Generalversammlung

07. to 13.01.1991

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



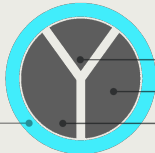
	Monday	Tuesday	Wednesday	Thursday	Friday
Menu	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung
Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)	Tarte 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	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	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse
Miso Blumenkohlsuppe (vegan)	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)	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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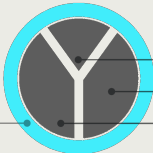
Saturday		Sunday	
Menu SFNV-Generalversammlung Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse Miso Blumenkohlsuppe (vegan) Tzatziki, Fenchel, Pinsa Bread (vegan)	SFNV-Generalversammlung	SFNV-Generalversammlung	
	<div><div></div><div></div></div>	<div><div></div><div></div></div>	
	Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)	
	<div><div></div><div></div></div>	<div><div></div><div></div></div>	
	NewRoots Chäsküechli	NewRoots Chäsküechli	
	<div><div></div></div>	<div><div></div></div>	
Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse		
<div><div></div><div></div></div>	<div><div></div><div></div></div>		
Miso Blumenkohlsuppe (vegan)	Miso Blumenkohlsuppe (vegan)		
<div><div></div><div></div></div>	<div><div></div><div></div></div>		
Tzatziki, Fenchel, Pinsa Bread (vegan)	Tzatziki, Fenchel, Pinsa Bread (vegan)		
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Sauce
Baked potatoes | Mixed Salads | Breadcrumbs
Autumn vegetables...
Yumame | Knoblauch | Spätzli | Miso-Würstchen
Fusilli | Spätzli | Miso-Würstchen
Seitangulasch (vegan) | Dattel Snicker (vegan) | Hanfsamen Brownie

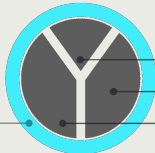
Monday	Tuesday	Wednesday	Thursday	Friday
Salatvariation <div> <div></div> <div></div> <div></div> <div></div> </div>	Salatvariation <div> <div></div> <div></div> <div></div> <div></div> </div>	Salatvariation <div> <div></div> <div></div> <div></div> <div></div> </div>	Salatvariation <div> <div></div> <div></div> <div></div> <div></div> </div>	Salatvariation <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>	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) <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>	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) <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>
Fusilli Yumame <div> <div></div> <div></div> <div></div> <div></div> </div>	Fusilli Yumame <div> <div></div> <div></div> <div></div> <div></div> </div>	Fusilli Yumame <div> <div></div> <div></div> <div></div> <div></div> </div>	Fusilli Yumame <div> <div></div> <div></div> <div></div> <div></div> </div>	Fusilli Yumame <div> <div></div> <div></div> <div></div> <div></div> </div>
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Hanfsamen Brownie <div> <div></div> <div></div> <div></div> <div></div> </div>	Hanfsamen Brownie <div> <div></div> <div></div> <div></div> <div></div> </div>	Hanfsamen Brownie <div> <div></div> <div></div> <div></div> <div></div> </div>	Hanfsamen Brownie <div> <div></div> <div></div> <div></div> <div></div> </div>	Hanfsamen Brownie <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

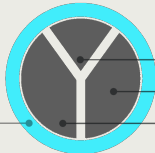


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New Roots white cheese variations incl. Swiss-Miso +...

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Saturday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)

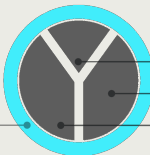


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