

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 25. to 31.05.1998

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 Umani Micro-greens (vegan)               | Tarte flambée I Umani Micro-greens (vegan)               | Tarte flambée I Umani Micro-greens (vegan)               | Tarte flambée I Umani Micro-greens (vegan)               | Tarte flambée I Umani Micro-greens (vegan)               | Tarte flambée I Umani 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, 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 |
|                                                          | <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 Blumenkohlsuppe (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, 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)                   |
|                                                          | <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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| Saturday                                                                                                |                                                                    | Sunday                                                     |                                                                    |
|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------------|
| Menu                                                                                                    | SFNV-Generalversammlung                                            | SFNV-Generalversammlung                                    |                                                                    |
|                                                                                                         | <div><div></div><div><div></div><div></div><div></div></div></div> |                                                            | <div><div></div><div><div></div><div></div><div></div></div></div> |
|                                                                                                         | Tarte flambée I Umami Micro-greens (vegan)                         |                                                            | Tarte flambée I Umami Micro-greens (vegan)                         |
|                                                                                                         | <div><div></div><div><div></div><div></div><div></div></div></div> |                                                            | <div><div></div><div><div></div><div></div><div></div></div></div> |
|                                                                                                         | NewRoots Chäsküechli                                               |                                                            | NewRoots Chäsküechli                                               |
|                                                                                                         | <div><div></div><div><div></div><div></div><div></div></div></div> |                                                            | <div><div></div><div><div></div><div></div><div></div></div></div> |
| Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>Tarte flambée I Umami Micro-greens (vegan)<br>an) | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse         | Luya Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse |                                                                    |
|                                                                                                         | <div><div></div><div><div></div><div></div><div></div></div></div> |                                                            | <div><div></div><div><div></div><div></div><div></div></div></div> |
|                                                                                                         | Miso Blumenkohlsuppe (vegan)                                       |                                                            | Miso Blumenkohlsuppe (vegan)                                       |
|                                                                                                         | <div><div></div><div><div></div><div></div><div></div></div></div> |                                                            | <div><div></div><div><div></div><div></div><div></div></div></div> |
| Tsatziki I Fennel I PinSwiss Miso I Cauliflower soup (vegan)<br>sa 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> |

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|                                                                                                                                                                                                                                    | Monday                                                                                                                                                                                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                        | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Dattel Snicker (vegan)<br>Seitangulasch   Spätzli   Miso-Wirsing<br>Brownie   hemp<br>Sauce   Kürbis (vegan)<br>toes   Autumn vegetables...<br>Mixed Salads   Baked potatoes   Knoblau   Yumame   Fusilli   Spätzli   Miso-Wirsing | <b>Salatvariation</b><br>                                                                  | <b>Salatvariation</b><br>                                                                  | <b>Salatvariation</b><br>                                                                  | <b>Salatvariation</b><br>                                                                  | <b>Salatvariation</b><br>                                                                  |
|                                                                                                                                                                                                                                    | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br>    | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br>    | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br>    | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br>    | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br>    |
|                                                                                                                                                                                                                                    | <b>Fusilli Yumame</b><br>                                                          | <b>Fusilli Yumame</b><br>                                                          | <b>Fusilli Yumame</b><br>                                                          | <b>Fusilli Yumame</b><br>                                                          | <b>Fusilli Yumame</b><br>                                                          |
|                                                                                                                                                                                                                                    | <b>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</b><br>                          | <b>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</b><br>                          | <b>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</b><br>                          | <b>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</b><br>                          | <b>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</b><br>                          |
|                                                                                                                                                                                                                                    | <b>Dattel Snicker (vegan)</b><br>                                                  | <b>Dattel Snicker (vegan)</b><br>                                                  | <b>Dattel Snicker (vegan)</b><br>                                                  | <b>Dattel Snicker (vegan)</b><br>                                                  | <b>Dattel Snicker (vegan)</b><br>                                                  |
|                                                                                                                                                                                                                                    | <b>Hanfsamen Brownie</b><br>                                                       | <b>Hanfsamen Brownie</b><br>                                                       | <b>Hanfsamen Brownie</b><br>                                                       | <b>Hanfsamen Brownie</b><br>                                                       | <b>Hanfsamen Brownie</b><br>                                                       |

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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...  
 Yumame | Planting | Spätzli | Miso-Wirsing | 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)                    |
| <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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