

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 26.06 to 02.07.2000

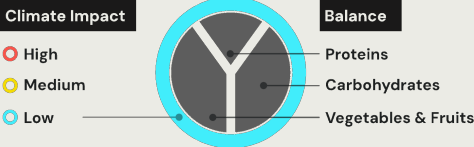
For the digital meal plan with further details, scan the QR-Code!



|                                                   | 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 I Daikon I NewRoots Cheese Pie (vegan) |                         |                         |                         |                         |                         |
| Miso I Cauliflower soup (vegan)                   |                         |                         |                         |                         |                         |
| Tzatziki I Fennel I Pinsabrot (vegan)             |                         |                         |                         |                         |                         |

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...and identify balanced nutrition.

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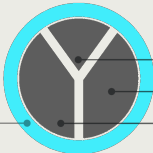
| Saturday                                                                                                                                                                                                                    |                                                                    | Sunday                                                             |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------|--|
| Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>Miso soup (vegan)<br>Tzatziki I Fennel I Pinsa Bread (vegan) | 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, 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> |  |
|                                                                                                                                                                                                                             | 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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Discover the climate impact of meals...

Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

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Sauce  
Baked potatoes | Mixed Salads | Breadcrumbs  
Autumn vegetables...  
Yumame | Knoblauch | Spätzli | Miso-Würstchen  
Fusilli | Spätzli | Miso-Würstchen  
Dattel Snicker (vegan)  
Brownie | hemp

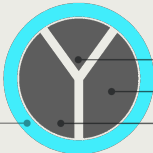
| Monday                                                                                                                                              | Tuesday                                                                                                                                             | Wednesday                                                                                                                                           | Thursday                                                                                                                                            | Friday                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Salatvariation</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Salatvariation</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Salatvariation</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Salatvariation</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Salatvariation</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               |
| <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div> |
| <b>Fusilli Yumame</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Fusilli Yumame</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Fusilli Yumame</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Fusilli Yumame</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               | <b>Fusilli Yumame</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                               |
| <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                             |
| <b>Dattel Snicker (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                       | <b>Dattel Snicker (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                       | <b>Dattel Snicker (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                       | <b>Dattel Snicker (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                       | <b>Dattel Snicker (vegan)</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                       |
| <b>Hanfsamen Brownie</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                            | <b>Hanfsamen Brownie</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                            | <b>Hanfsamen Brownie</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                            | <b>Hanfsamen Brownie</b><br><div> <div></div> <div></div> <div></div> <div></div> </div>                                                            | <b>Hanfsamen Brownie</b><br><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

#### 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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