

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 11. to 17.07.2011

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



Menu

Tarte flambée I Umami Micro-greens (vegan)

New Roots Cheese Pie (vegan)

Luya Bites I Daikon I New Roots Cheese Pie (vegan)

Miso I Cauliflower soup (vegan)

Tzatziki I Fennel I Pilsa Bread (vegan)

Monday

Tuesday

Wednesday

Thursday

Friday

SFNV-Generalversammlung



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Tarte flambée I Umami Micro-greens (vegan)



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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



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)

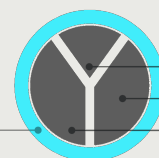


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Discover the climate impact of meals...

Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.

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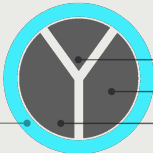
| Saturday                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                               | Sunday                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Menu<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>Jalapeno Ketchup I Fermented Vegetables<br>Miso Blumenkohlsuppe (vegan)<br>Tzatziki I Fennel I Pinsa Bread (vegan) | Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse<br>Miso Blumenkohlsuppe (vegan)<br>Tzatziki, Fenchel, Pinsa Bread (vegan) | Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse<br>Miso Blumenkohlsuppe (vegan)<br>Tzatziki, Fenchel, Pinsa Bread (vegan) | Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse<br>Miso Blumenkohlsuppe (vegan)<br>Tzatziki, Fenchel, Pinsa Bread (vegan) |
|                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                               |
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Balance

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|                                                                                                                                                                                                                                                                                                                                                                                                       | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div> <div>Sauce</div> <div>Baked potatoes</div> <div>Mixed Salads</div> <div>I Breunbee</div> <div>Plant</div> <div>ed steak</div> <div>  Baked potatoes</div> <div>  Autumn vegetables</div> <div>  Connies Ketchup (vegan)</div> <div>Fusilli</div> <div>Yumame</div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div>Dattel Snicker (vegan)</div> <div>Brownie   hemp</div> </div> | <div>Salatvariation</div> <div> <div></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> </div> </div> <div> <div>Fusilli Yumame</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Dattel Snicker (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Hanfsamen Brownie</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> | <div>Salatvariation</div> <div> <div></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> </div> </div> <div> <div>Fusilli Yumame</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Dattel Snicker (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Hanfsamen Brownie</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> | <div>Salatvariation</div> <div> <div></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> </div> </div> <div> <div>Fusilli Yumame</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Dattel Snicker (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Hanfsamen Brownie</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> | <div>Salatvariation</div> <div> <div></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> </div> </div> <div> <div>Fusilli Yumame</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Dattel Snicker (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Hanfsamen Brownie</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> | <div>Salatvariation</div> <div> <div></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> </div> </div> <div> <div>Fusilli Yumame</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Dattel Snicker (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Hanfsamen Brownie</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> |

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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...  
 Yumame | Yumame | Knoblauch | Yumame | Kürbis (vegan) | Kürbis (vegan) | Miso-Wirsing  
 Dattel Snicker (vegan) | Dattel Snicker (vegan) | Hanfsamen Brownie | 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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