

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 16. to 22.07.2012

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 Blumensuppe (vegan)

Tzatziki I Fenchel I Pinsa Bread (vegan)

Monday

Tuesday

Wednesday

Thursday

Friday

SFNV-Generalversammlung



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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



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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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 Cauliflower soup (vegan)  
Tzatziki I Fennel I Pilsa Bread (vegan)

Saturday

Sunday

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

| Monday                                                                                  | Tuesday                                                                                 | Wednesday                                                                               | Thursday                                                                                | Friday                                                                                  |
|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| <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-Würstchen (vegan)</b><br>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (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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#### Saturday

#### Sunday

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



##### 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                                                                                                       |
|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <div>NewRoots Cheese + Swiss Miso (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> | <div>NewRoots Cheese + Swiss Miso (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> | <div>NewRoots Cheese + Swiss Miso (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> | <div>NewRoots Cheese + Swiss Miso (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> | <div>NewRoots Cheese + Swiss Miso (vegan)</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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