

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 23. to 29.07.2035

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



|                                               | Monday                                                            | Tuesday                                                           | Wednesday                                                         | Thursday                                                          | Friday                                                            |
|-----------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|
| Menu                                          | SFNV-Generalver-<br>sammlung                                      | SFNV-Generalver-<br>sammlung                                      | SFNV-Generalver-<br>sammlung                                      | SFNV-Generalver-<br>sammlung                                      | SFNV-Generalver-<br>sammlung                                      |
|                                               | <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 Uma-<br>mi Micro-greens (ve-<br>gan)              | Tarte flambée I Uma-<br>mi Micro-greens (ve-<br>gan)              | Tarte flambée I Uma-<br>mi Micro-greens (ve-<br>gan)              | Tarte flambée I Uma-<br>mi Micro-greens (ve-<br>gan)              | Tarte flambée I Uma-<br>mi Micro-greens (ve-<br>gan)              |
|                                               | <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<br>Chäsküechli                                           | NewRoots<br>Chäsküechli                                           | NewRoots<br>Chäsküechli                                           | NewRoots<br>Chäsküechli                                           | NewRoots<br>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></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 Umami<br>Micro-greens (vegan) | Luya-Bites, Daikon,<br>Jalapeno-Ketchup,<br>fermentiert<br>Gemüse | Luya-Bites, Daikon,<br>Jalapeno-Ketchup,<br>fermentiert<br>Gemüse | Luya-Bites, Daikon,<br>Jalapeno-Ketchup,<br>fermentiert<br>Gemüse | Luya-Bites, Daikon,<br>Jalapeno-Ketchup,<br>fermentiert<br>Gemüse | Luya-Bites, Daikon,<br>Jalapeno-Ketchup,<br>fermentiert<br>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 Blu-<br>menkohlsuppe (veg-<br>an)                            | Miso Blu-<br>menkohlsuppe (veg-<br>an)                            | Miso Blu-<br>menkohlsuppe (veg-<br>an)                            | Miso Blu-<br>menkohlsuppe (veg-<br>an)                            | Miso Blu-<br>menkohlsuppe (veg-<br>an)                            |
|                                               | <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,<br>Pinsa Bread (vegan)                         | Tzatziki, Fenchel,<br>Pinsa Bread (vegan)                         | Tzatziki, Fenchel,<br>Pinsa Bread (vegan)                         | Tzatziki, Fenchel,<br>Pinsa Bread (vegan)                         | Tzatziki, Fenchel,<br>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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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 Pina Bread (vegan)

Saturday

Sunday

|                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SFNV-Generalversammlung                                                                                                                                                                                                                                                                                                                         | SFNV-Generalversammlung                                                                                                                                                                                                                                                                                                                               |
|             |             |
| Tarte flambée I Umami Micro-greens (vegan)                                                                                                                                                                                                                                                                                                      | Tarte flambée I Umami Micro-greens (vegan)                                                                                                                                                                                                                                                                                                            |
|             |             |
| NewRoots Chäsküechli                                                                                                                                                                                                                                                                                                                            | NewRoots Chäsküechli                                                                                                                                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                    |
| Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse                                                                                                                                                                                                                                                                                      | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse                                                                                                                                                                                                                                                                                            |
|     |     |
| Miso Blumenkohlsuppe (vegan)                                                                                                                                                                                                                                                                                                                    | Miso Blumenkohlsuppe (vegan)                                                                                                                                                                                                                                                                                                                          |
|     |     |
| Tzatziki, Fenchel, Pinsa Bread (vegan)                                                                                                                                                                                                                                                                                                          | Tzatziki, Fenchel, Pinsa Bread (vegan)                                                                                                                                                                                                                                                                                                                |
|     |     |

Any changes to individual menu components will be communicated in writing directly at the food counter. If you are unsure about allergens or require further information, you can contact our staff at any time.

Discover the climate impact of meals...

Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.

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|                             | Monday                                                                       | Tuesday                                                                      | Wednesday                                                                    | Thursday                                                                     | Friday                                                                       |
|-----------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| Sauce                       | Salatvariation                                                               | Salatvariation                                                               | Salatvariation                                                               | Salatvariation                                                               | Salatvariation                                                               |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
| toes I Autumn vegetables... | Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan) | Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan) | Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan) | Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan) | Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan) |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
| Yumame                      | Fusilli Yumame                                                               | Fusilli Yumame                                                               | Fusilli Yumame                                                               | Fusilli Yumame                                                               | Fusilli Yumame                                                               |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
| Miso-Wirsing                | Seitangulasch   Spätzli   Miso-Wirsing (vegan)                               | Seitangulasch   Spätzli   Miso-Wirsing (vegan)                               | Seitangulasch   Spätzli   Miso-Wirsing (vegan)                               | Seitangulasch   Spätzli   Miso-Wirsing (vegan)                               | Seitangulasch   Spätzli   Miso-Wirsing (vegan)                               |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
| Dattel Snicker (vegan)      | Dattel Snicker (vegan)                                                       | Dattel Snicker (vegan)                                                       | Dattel Snicker (vegan)                                                       | Dattel Snicker (vegan)                                                       | Dattel Snicker (vegan)                                                       |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
| hemp                        | Hanfsamen Brownie                                                            | Hanfsamen Brownie                                                            | Hanfsamen Brownie                                                            | Hanfsamen Brownie                                                            | Hanfsamen Brownie                                                            |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |
|                             |                                                                              |                                                                              |                                                                              |                                                                              |                                                                              |

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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 +...

| 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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...and identify balanced nutrition.

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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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