

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 23. to 29.07.2057

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



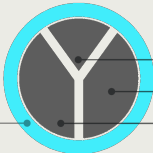
|                                                    | Monday                  | Tuesday                 | Wednesday               | Thursday                | Friday                  |
|----------------------------------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| 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 New Roots Cheese Pie (vegan) |                         |                         |                         |                         |                         |
|                                                    |                         |                         |                         |                         |                         |
|                                                    |                         |                         |                         |                         |                         |
|                                                    |                         |                         |                         |                         |                         |
|                                                    |                         |                         |                         |                         |                         |
| Luya Bites I Daikon I New Roots Cheese Pie (vegan) |                         |                         |                         |                         |                         |
|                                                    |                         |                         |                         |                         |                         |
|                                                    |                         |                         |                         |                         |                         |
|                                                    |                         |                         |                         |                         |                         |
|                                                    |                         |                         |                         |                         |                         |
| Miso Blumensuppe (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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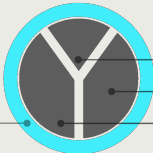
| Saturday                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                            | Sunday                                                                                                                                                                                                                                                                                           |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Menu<br><br>SFNV-Generalversammlung<br><br>Tarte flambée I Umami Micro-greens (vegan)<br><br>NewRoots Chäsküechli<br><br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br><br>Miso I Cauliflower soup (vegan)<br><br>Tzatziki I Fennel I Pina Bread (vegan) | SFNV-Generalversammlung                                                                                                                                                                                                                                                                    | SFNV-Generalversammlung                                                                                                                                                                                                                                                                          |  |
|                                                                                                                                                                                                                                                                  | <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>       |  |
|                                                                                                                                                                                                                                                                  | NewRoots Chäsküechli                                                                                                                                                                                                                                                                       | NewRoots Chäsküechli                                                                                                                                                                                                                                                                             |  |
|                                                                                                                                                                                                                                                                  | <div><div></div><div></div></div>                                                                                                                                                                                                                                                          | <div><div></div><div></div></div>                                                                                                                                                                                                                                                                |  |
| Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br><br>Miso I Cauliflower soup (vegan)<br><br>Tzatziki I Fennel I Pina Bread (vegan)                                                                                                                          | 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> |  |
|                                                                                                                                                                                                                                                                  | Miso Blumenkohlsuppe (vegan)                                                                                                                                                                                                                                                               | Miso Blumenkohlsuppe (vegan)                                                                                                                                                                                                                                                                     |  |
|                                                                                                                                                                                                                                                                  | <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> |  |

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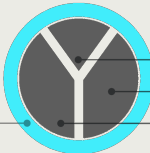
|                                                                                                        | Monday                                                                                                                                               | Tuesday                                   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

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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...  
Yumame | Knoblau | Fusilli | Spätzli | Miso-Wirsing  
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)                    |
| <div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></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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