

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 02. to 08.08.2060

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



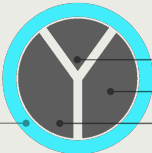
|                                                                                                                                                                                                                                    | Monday                                                   | Tuesday                                                  | Wednesday                                                | Thursday                                                 | Friday                                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| Menu                                                                                                                                                                                                                               | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  |
| Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I NewRoots Cheese Pie (vegan)<br>Jalapeno Ketchup I Fermented Vegetables<br>Miso Soup (vegan)<br>Tzatziki I Fennel I Pilsa Bread (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)               | 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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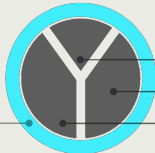
| Saturday                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                            | 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>       |  |
|                                                                                                                                                                                                                             | 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, 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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### Climate Impact

- High
- Medium
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### Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

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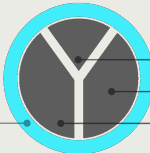
|                                                                                                                                                                                                                                                                                            | Monday                                                                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                                                         | Friday                                                                                                                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Dattel Snicker (vegan)<br>Seitangulasch   Spätzli   Miso-Würsing<br>Fusilli   Yumame   Knoblauch   Mixed Salads   Baked potatoes   Autumn vegetables...<br>Sauce                                                                                                                           | Salatvariation                                                                                                                                                                                                                                                                             | Salatvariation                                                                                                                                                                                                                                                                             | Salatvariation                                                                                                                                                                                                                                                                                   | Salatvariation                                                                                                                                                                                                                                                                                   | Salatvariation                                                                                                                                                                                                                                                                                   |
|                                                                                                                                                                                                                                                                                            | <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>       |
|                                                                                                                                                                                                                                                                                            | 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)                                                                                                                                                                                                                     |
|                                                                                                                                                                                                                                                                                            | <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>       |
|                                                                                                                                                                                                                                                                                            | Fusilli Yumame                                                                                                                                                                                                                                                                             | Fusilli Yumame                                                                                                                                                                                                                                                                             | Fusilli Yumame                                                                                                                                                                                                                                                                                   | Fusilli Yumame                                                                                                                                                                                                                                                                                   | Fusilli Yumame                                                                                                                                                                                                                                                                                   |
|                                                                                                                                                                                                                                                                                            | <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> |
| Seitangulasch   Spätzli   Miso-Würsing (vegan)                                                                                                                                                                                                                                             | Seitangulasch   Spätzli   Miso-Würsing (vegan)                                                                                                                                                                                                                                             | Seitangulasch   Spätzli   Miso-Würsing (vegan)                                                                                                                                                                                                                                             | Seitangulasch   Spätzli   Miso-Würsing (vegan)                                                                                                                                                                                                                                                   | Seitangulasch   Spätzli   Miso-Würsing (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> |                                                                                                                                                                                                                                                                                                  |
| Dattel Snicker (vegan)                                                                                                                                                                                                                                                                     | Dattel Snicker (vegan)                                                                                                                                                                                                                                                                     | Dattel Snicker (vegan)                                                                                                                                                                                                                                                                     | Dattel Snicker (vegan)                                                                                                                                                                                                                                                                           | Dattel Snicker (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> |                                                                                                                                                                                                                                                                                                  |
| Hanfsamen Brownie                                                                                                                                                                                                                                                                          | Hanfsamen Brownie                                                                                                                                                                                                                                                                          | Hanfsamen Brownie                                                                                                                                                                                                                                                                          | Hanfsamen Brownie                                                                                                                                                                                                                                                                                | Hanfsamen Brownie                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                  |
| <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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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

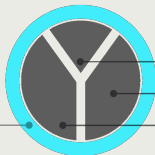


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New Roots white cheese variations incl. Swiss-Miso +...

| 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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New Roots white cheese variations incl. Swiss-Miso +...

Saturday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)



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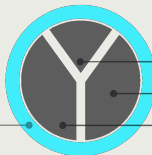
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