

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 15. to 21.08.2061

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



Menu

Tarte flambée I Umami Micro-greens (vegan)

New Roots Cheese Pie

Luya Bites I Daikon I New Roots Cheese Pie I Fermented Vegetables I Ketchup

Miso I Cauliflower soup (vegan)

Tzatziki I Fennel I Pina Bread (vegan)

| Monday                                                   | Tuesday                                                  | Wednesday                                                | Thursday                                                 | Friday                                                   |
|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  |
| 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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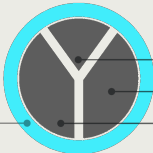
| Saturday                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                            | Sunday                                                                                                                                                                                                                                                                                           |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Menu<br><br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Cheese Pie (vegan)<br>Luya Bites I Daikon I NewRoots Ketchup I Fermented Vegetables<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 I Daikon I NewRoots Ketchup I Fermented Vegetables                                                                                                                                                          | 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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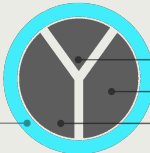
|                                                                                                                                                                                                                                                                                                                                                                                                       | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div> <div>Sauce</div> <div>Baked potatoes</div> <div>Mixed Salads</div> <div>I Breunbee</div> <div>Plant</div> <div>ed steak</div> <div>  Baked potatoes</div> <div>  Autumn vegetables</div> <div>  Connies Ketchup (vegan)</div> <div>Fusilli</div> <div>Yumame</div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div>Dattel Snicker (vegan)</div> <div>Brownie   hemp</div> </div> | <div>Salatvariation</div> <div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Fusilli Yumame</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Dattel Snicker (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Hanfsamen Brownie</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> | <div>Salatvariation</div> <div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Fusilli Yumame</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Dattel Snicker (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Hanfsamen Brownie</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> | <div>Salatvariation</div> <div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Fusilli Yumame</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Dattel Snicker (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Hanfsamen Brownie</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> | <div>Salatvariation</div> <div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Fusilli Yumame</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Dattel Snicker (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Hanfsamen Brownie</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> | <div>Salatvariation</div> <div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Fusilli Yumame</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Dattel Snicker (vegan)</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> <div> <div>Hanfsamen Brownie</div> <div> <div></div> <div></div> <div></div> <div></div> </div> </div> |

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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...  
Yumame | Yumame | 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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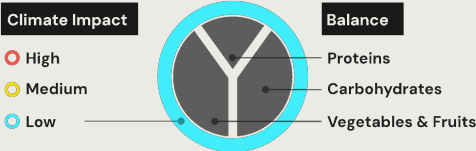


New Roots white cheese variations incl. Swiss-Miso +...

| 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)                                                                                                                                                                                                                                                                                                            |
|     |     |     |     |     |

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Saturday

Sunday

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

NewRoots Cheese + Swiss Miso (vegan)



NewRoots Cheese + Swiss Miso (vegan)

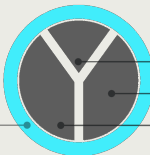


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