

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 29.08 to 04.09.2011

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

Miso Soup I Cauliflower

Tzatziki I Fennel I Pilsa 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                                                                                                                                                                                                                                                                                                                                                                                      | SFNV-Generalversammlung                                                   | SFNV-Generalversammlung |                                                                           |
|                                                                                                                                                                                                                                                                                                                                                                                           | <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div> |                         | <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div> |
|                                                                                                                                                                                                                                                                                                                                                                                           | Tarte flambée I Umami Micro-greens (vegan)                                |                         | Tarte flambée I Umami Micro-greens (vegan)                                |
|                                                                                                                                                                                                                                                                                                                                                                                           | <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div> |                         | <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div> |
|                                                                                                                                                                                                                                                                                                                                                                                           | NewRoots Chäsküechli                                                      |                         | NewRoots Chäsküechli                                                      |
|                                                                                                                                                                                                                                                                                                                                                                                           | <div> <div></div> </div>                                                  |                         | <div> <div></div> </div>                                                  |
| Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>Jalapeno Ketchup I Fermented Vegetables<br>Miso Blumenkohlsuppe (vegan)<br>Tzatziki I Fennel I PinSwiss Miso I Cauliflower soup (vegan)<br>Tzatziki I Fennel I PinSwiss Miso I Cauliflower soup (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> |                         | <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div> |
|                                                                                                                                                                                                                                                                                                                                                                                           | Miso Blumenkohlsuppe (vegan)                                              |                         | Miso Blumenkohlsuppe (vegan)                                              |
|                                                                                                                                                                                                                                                                                                                                                                                           | <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div> |                         | <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div> |
|                                                                                                                                                                                                                                                                                                                                                                                           | Tzatziki, Fenchel, Pinsa Bread (vegan)                                    |                         | Tzatziki, Fenchel, Pinsa Bread (vegan)                                    |
|                                                                                                                                                                                                                                                                                                                                                                                           | <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div> |                         | <div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div> |

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

| Monday                                                                                  | Tuesday                                                                                 | Wednesday                                                                               | Thursday                                                                                | Friday                                                                                  |
|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| <b>Salatvariation</b><br>                                                               | <b>Salatvariation</b><br>                                                               | <b>Salatvariation</b><br>                                                               | <b>Salatvariation</b><br>                                                               | <b>Salatvariation</b><br>                                                               |
| <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br> | <b>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</b><br> |
| <b>Fusilli Yumame</b><br>                                                               | <b>Fusilli Yumame</b><br>                                                               | <b>Fusilli Yumame</b><br>                                                               | <b>Fusilli Yumame</b><br>                                                               | <b>Fusilli Yumame</b><br>                                                               |
| <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br>                             | <b>Seitangulasch   Spätzli   Miso-Würstchen (vegan)</b><br>                             |
| <b>Dattel Snicker (vegan)</b><br>                                                       | <b>Dattel Snicker (vegan)</b><br>                                                       | <b>Dattel Snicker (vegan)</b><br>                                                       | <b>Dattel Snicker (vegan)</b><br>                                                       | <b>Dattel Snicker (vegan)</b><br>                                                       |
| <b>Hanfsamen Brownie</b><br>                                                            | <b>Hanfsamen Brownie</b><br>                                                            | <b>Hanfsamen Brownie</b><br>                                                            | <b>Hanfsamen Brownie</b><br>                                                            | <b>Hanfsamen Brownie</b><br>                                                            |

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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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