

Grosse Schanze | SNVF Generalversammlung

SFNV-Generalversammlung

01. to 07.10.1990

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



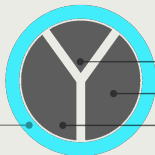
	Monday	Tuesday	Wednesday	Thursday	Friday
Menu	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung
Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya Bites I Daikon I NewRoots Cheese Pie (vegan) Jalapeno Ketchup I Fermented Vegetables Miso Soup (vegan) 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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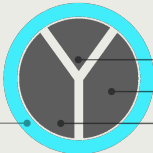
Saturday		Sunday	
Menu	SFNV-Generalversammlung	SFNV-Generalversammlung	
	<div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div>		<div> <div></div> <div> <div></div> <div></div> <div></div> </div> </div>
	Tarte flambée I Umami Micro-greens (vegan)		Tarte flambée I Umami Micro-greens (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) Tarte flambée I Umami Micro-greens (vegan) an) Luya Bites I Daikon I New Roots Cheese Pie (vegan) Jalapeno Ketchup I Fermented Vegetables Miso soup (vegan) Cauliflower Tzatziki I Fennel I PinSwiss Miso I Pilsa 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>		<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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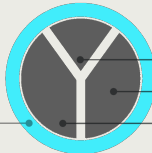
	Monday	Tuesday	Wednesday	Thursday	Friday
Dattel Snicker (vegan) Seitangulasch Spätzli Miso-Wirsing Brownie hemp	<div>Salatvariation</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Salatvariation</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Salatvariation</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Salatvariation</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Salatvariation</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>
	<div>Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>
	<div>Fusilli Yumame</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Fusilli Yumame</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Fusilli Yumame</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Fusilli Yumame</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Fusilli Yumame</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>
	<div>Seitangulasch Spätzli Miso-Wirsing (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Seitangulasch Spätzli Miso-Wirsing (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Seitangulasch Spätzli Miso-Wirsing (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Seitangulasch Spätzli Miso-Wirsing (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Seitangulasch Spätzli Miso-Wirsing (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>
	<div>Dattel Snicker (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Dattel Snicker (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Dattel Snicker (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Dattel Snicker (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Dattel Snicker (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>
	<div>Hanfsamen Brownie</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Hanfsamen Brownie</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Hanfsamen Brownie</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Hanfsamen Brownie</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</div></div>	<div>Hanfsamen Brownie</div> <div><div>High</div><div>Medium</div><div>Low</div><div>Proteins</div><div>Carbohydrates</div><div>Vegetables & Fruits</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)



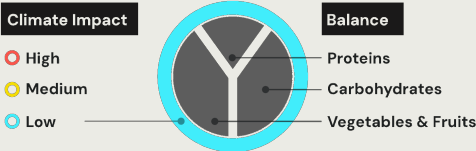
Sunday

NewRoots Cheese + Swiss Miso (vegan)



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