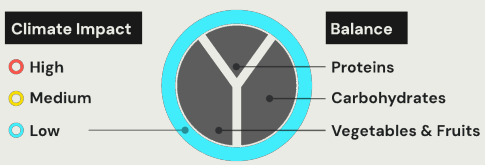
# Grosse Schanze | SNVF Generalversammlung
# SFNV-Generalversammlung
# 05. to 11.10.1970

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

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Menu | SFNV-Generalver-sammlung | SFNV-Generalver-sammlung | SFNV-Generalver-sammlung | SFNV-Generalver-sammlung | SFNV-Generalver-sammlung |
| 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) | Tarte flambée I Umami Micro-greens (vegan) |
| NewRoots Cheese Pie (vegan) | NewRoots Chäsküechli | NewRoots Chäsküechli | NewRoots Chäsküechli | NewRoots Chäsküechli | NewRoots Chäsküechli |
| Luya Bites I Daikon I Jalapeno Ketchup I Fer-... | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse |
| Swiss Miso \| Cauliflower soup (vegan) | Miso Blumenkohlsuppe (vegan) | Miso Blumenkohlsuppe (vegan) | Miso Blumenkohlsuppe (vegan) | Miso Blumenkohlsuppe (vegan) | Miso Blumenkohlsuppe (vegan) |
| s Tsatziki I Fennel I Pinsa bread (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...




...and identify balanced nutrition.

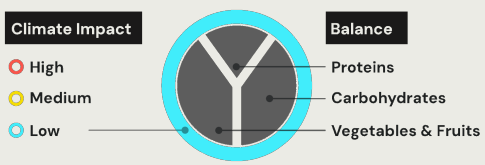
# Grosse Schanze | SNVF Generalversammlung
# SFNV-Generalversammlung
# 05. to 11.10.1970

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

| Menu | Saturday | Sunday |
|---|---|---|
| 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) |
| NewRoots Chäsküechli | NewRoots Chäsküechli | NewRoots Chäsküechli |
| Luya Bites I Daikon I Jalapeno Ketchup I Fer-... | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentierts Gemüse | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentierts Gemüse |
| Swiss Miso \| Cauliflower soup (vegan) | Miso Blumenkohlsuppe (vegan) | Miso Blumenkohlsuppe (vegan) |
| s Tsatziki I Fennel I Pins sa bread (vegan) | Tzatziki, Fenchel, Pinsa Bread (vegan) | Tzatziki, Fenchel, Pinsa Bread (vegan) |

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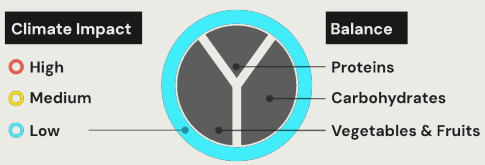
# Grosse Schanze | SNVF Generalversammlung
# SFNV-Generalversammlung
# 05. to 11.10.1970

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

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Mixed Salads I Brewbee Sauce | Salatvariation | Salatvariation | Salatvariation | Salatvariation | Salatvariation |
| Planted Steak \| Baked potatoes I Autumn vegetables... | 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) |
| Fusilli \| Yumame \| Knoblauch sauce \| Kürbis (vegan) | Fusilli Yumame | Fusilli Yumame | Fusilli Yumame | Fusilli Yumame | Fusilli Yumame |
| Seitangulasch \| Spätzli \| Miso-Wirsing | Seitangulasch \| Spätzli\| Miso-Wirsing (vegan) | Seitangulasch \| Spätzli\| Miso-Wirsing (vegan) | Seitangulasch \| Spätzli\| Miso-Wirsing (vegan) | Seitangulasch \| Spätzli\| Miso-Wirsing (vegan) | Seitangulasch \| Spätzli\| Miso-Wirsing (vegan) |
| Dattel Snicker (vegan) | Dattel Snicker (vegan) | Dattel Snicker (vegan) | Dattel Snicker (vegan) | Dattel Snicker (vegan) | Dattel Snicker (vegan) |
| Brownie \| hemp | Hanfsamen Brownie | Hanfsamen Brownie | Hanfsamen Brownie | Hanfsamen Brownie | Hanfsamen Brownie |

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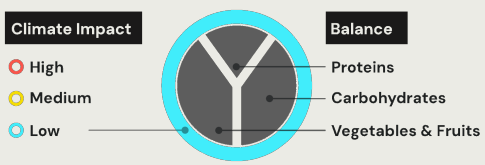
# Grosse Schanze | SNVF Generalversammlung
# SFNV-Generalversammlung
# 05. to 11.10.1970

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

| | Saturday | Sunday |
|---|---|---|
| Mixed Salads I Brewbee Sauce | Salatvariation | Salatvariation |
| Planted Steak \| Baked potatoes I Autumn vegetables... | Planted steak \| Baked Potatoes \| Autumn vegetables \| Connies Ketchup (vegan) | Planted steak \| Baked Potatoes \| Autumn vegetables \| Connies Ketchup (vegan) |
| Fusilli \| Yumame \| Knoblauch sauce \| Kürbis (vegan) | Fusilli Yumame | Fusilli Yumame |
| Seitangulasch \| Spätzli \| Miso-Wirsing | Seitangulasch \| Spätzli\| Miso-Wirsing (vegan) | Seitangulasch \| Spätzli\| Miso-Wirsing (vegan) |
| Dattel Snicker (vegan) | Dattel Snicker (vegan) | Dattel Snicker (vegan) |
| Brownie \| hemp | Hanfsamen Brownie | Hanfsamen Brownie |

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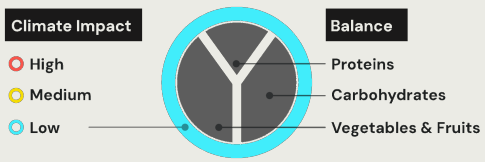
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# 05. to 11.10.1970

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

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| New Roots white cheese variations incl. Swiss-Miso+... | 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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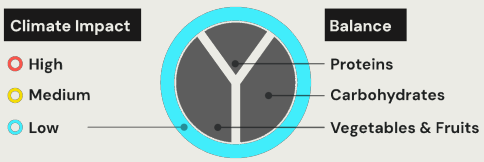
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# SFNV-Generalversammlung
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| | Saturday | Sunday |
|---|---|---|
| New Roots white cheese variations incl. Swiss-Miso+... | NewRoots Cheese + Swiss Miso (vegan) | NewRoots Cheese + Swiss Miso (vegan) |

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