

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 05. to 11.10.1992

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



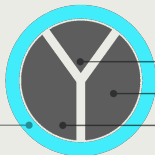
|                                                          | Monday                                                   | Tuesday                                                  | Wednesday                                                | Thursday                                                 | Friday                                                   |
|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| Menu                                                     | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  | SFNV-Generalversammlung                                  |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
| Tarte flambée I Umami Micro-greens (vegan)               | 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)               |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
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|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
| NewRoots Chäsküechli                                     | 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 | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
|                                                          |                                                          |                                                          |                                                          |                                                          |                                                          |
| Miso Blumenkohlsuppe (vegan)                             | 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)                   | 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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## SFNV-Generalversammlung

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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>an)<br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>Jalapeno Ketchup I Fermented Vegetables<br>Cauliflower soup (vegan)<br>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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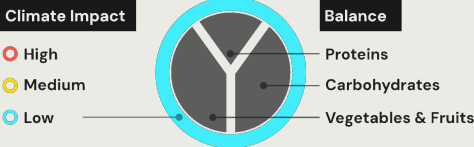
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|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 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 stea</div> <div>k   Baked</div> <div>potatoes</div> <div>  Autumn</div> <div>vegetables</div> <div>  Connies</div> <div>Ketchup</div> <div>(vegan)</div> <div>Fusilli</div> <div>Yumame</div> <div>Seitangulasch</div> <div>  Spätzli</div> <div>  Miso-Wirsing</div> <div>(vegan)</div> <div>Dattel Snicker</div> <div>(vegan)</div> <div>Hanfsamen</div> <div>Brownie</div> </div> | <div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                                         | <div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                                         | <div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                                         | <div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                                         | <div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                                         |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <div>Plant</div> <div>ed stea</div> <div>k   Baked</div> <div>potatoes</div> <div>  Autumn</div> <div>vegetables</div> <div>  Connies</div> <div>Ketchup</div> <div>(vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div> | <div>Plant</div> <div>ed stea</div> <div>k   Baked</div> <div>potatoes</div> <div>  Autumn</div> <div>vegetables</div> <div>  Connies</div> <div>Ketchup</div> <div>(vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div> | <div>Plant</div> <div>ed stea</div> <div>k   Baked</div> <div>potatoes</div> <div>  Autumn</div> <div>vegetables</div> <div>  Connies</div> <div>Ketchup</div> <div>(vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div> | <div>Plant</div> <div>ed stea</div> <div>k   Baked</div> <div>potatoes</div> <div>  Autumn</div> <div>vegetables</div> <div>  Connies</div> <div>Ketchup</div> <div>(vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div> | <div>Plant</div> <div>ed stea</div> <div>k   Baked</div> <div>potatoes</div> <div>  Autumn</div> <div>vegetables</div> <div>  Connies</div> <div>Ketchup</div> <div>(vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <div>Fusilli</div> <div>Yumame</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                              | <div>Fusilli</div> <div>Yumame</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                              | <div>Fusilli</div> <div>Yumame</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                              | <div>Fusilli</div> <div>Yumame</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                              | <div>Fusilli</div> <div>Yumame</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                              |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <div>Seitangulasch</div> <div>  Spätzli</div> <div>  Miso-Wirsing</div> <div>(vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                        | <div>Seitangulasch</div> <div>  Spätzli</div> <div>  Miso-Wirsing</div> <div>(vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                        | <div>Seitangulasch</div> <div>  Spätzli</div> <div>  Miso-Wirsing</div> <div>(vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                        | <div>Seitangulasch</div> <div>  Spätzli</div> <div>  Miso-Wirsing</div> <div>(vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                        | <div>Seitangulasch</div> <div>  Spätzli</div> <div>  Miso-Wirsing</div> <div>(vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <div>Dattel Snicker</div> <div>(vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                      | <div>Dattel Snicker</div> <div>(vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                      | <div>Dattel Snicker</div> <div>(vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                      | <div>Dattel Snicker</div> <div>(vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                      | <div>Dattel Snicker</div> <div>(vegan)</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                      |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <div>Hanfsamen</div> <div>Brownie</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                           | <div>Hanfsamen</div> <div>Brownie</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                           | <div>Hanfsamen</div> <div>Brownie</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                           | <div>Hanfsamen</div> <div>Brownie</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                           | <div>Hanfsamen</div> <div>Brownie</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables &amp; Fruits</div> </div>                                                                                                                                           |

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...and identify balanced nutrition.

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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...  
Yumame | Knoblau | Fusilli | Spätzli | Miso-Wirsing  
Dattel Snicker (vegan) | Hanfsamen Brownie

### Saturday

#### Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Con-nies Ketchup (vegan)



#### Fusilli Yumame



Seitangulasch | Spätzli | Miso-Wirsing (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



### Sunday

#### 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)

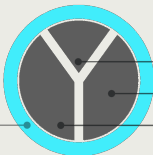


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