

Grosse Schanze | SNVF Generalversammlung

SFNV-Generalversammlung

20. to 26.10.2014

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



Menu

Tarte flambée I Umami Micro-greens (vegan)

New Roots Cheese Pie (vegan)

Luya Bites I Daikon I New Roots Cheese Pie (vegan)

Miso Blueflower soup (vegan)

Tzatziki I Fennel I Pilsa Bread (vegan)

Monday

Tuesday

Wednesday

Thursday

Friday

SFNV-Generalversammlung



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Tarte flambée I Umami Micro-greens (vegan)



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NewRoots Chäsküechli



NewRoots Chäsküechli



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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)



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Miso Blumenkohlsuppe (vegan)



Miso Blumenkohlsuppe (vegan)



Tzatziki, Fenchel, Pinsa Bread (vegan)



Tzatziki, Fenchel, Pinsa Bread (vegan)



Tzatziki, Fenchel, Pinsa Bread (vegan)



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Tzatziki, Fenchel, Pinsa Bread (vegan)

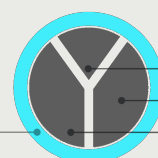


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Discover the climate impact of meals...

Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.

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New Roots Cheese Pie

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

Miso I Cauliflower soup (vegan)

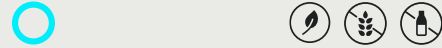
Tzatziki I Fennel I Pilsa Bread (vegan)

Saturday

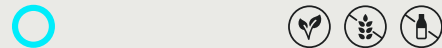
Sunday

Sunday

SFNV-Generalversammlung



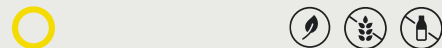
Tarte flambée I Umami Micro-greens (vegan)



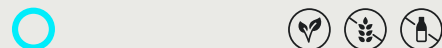
NewRoots Chäsküechli



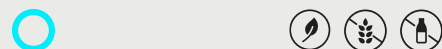
Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse



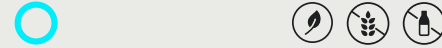
Miso Blumenkohlsuppe (vegan)



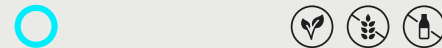
Tzatziki, Fenchel, Pinsa Bread (vegan)



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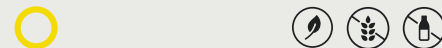
Tarte flambée I Umami Micro-greens (vegan)



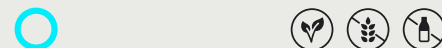
NewRoots Chäsküechli



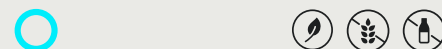
Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse



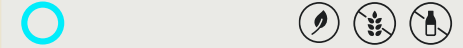
Miso Blumenkohlsuppe (vegan)



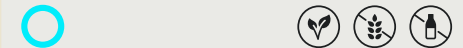
Tzatziki, Fenchel, Pinsa Bread (vegan)



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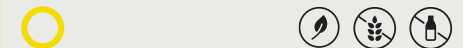
Tarte flambée I Umami Micro-greens (vegan)



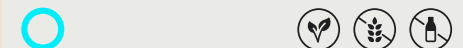
NewRoots Chäsküechli



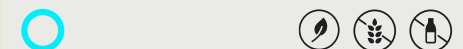
Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse



Miso Blumenkohlsuppe (vegan)



Tzatziki, Fenchel, Pinsa Bread (vegan)

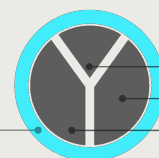


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Sauce
Baked potatoes | Autumn vegetables...
Yumame | Knoblauch | Spätzli | Miso-Würstchen
Dattel Snicker (vegan)
Brownie | hemp

Monday	Tuesday	Wednesday	Thursday	Friday
Salatvariation 	Salatvariation 	Salatvariation 	Salatvariation 	Salatvariation
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 	Fusilli Yumame 	Fusilli Yumame 	Fusilli Yumame 	Fusilli Yumame
Seitangulasch Spätzli Miso-Würstchen (vegan) 	Seitangulasch Spätzli Miso-Würstchen (vegan) 	Seitangulasch Spätzli Miso-Würstchen (vegan) 	Seitangulasch Spätzli Miso-Würstchen (vegan) 	Seitangulasch Spätzli Miso-Würstchen (vegan)
Dattel Snicker (vegan) 	Dattel Snicker (vegan) 	Dattel Snicker (vegan) 	Dattel Snicker (vegan) 	Dattel Snicker (vegan)
Hanfsamen Brownie 	Hanfsamen Brownie 	Hanfsamen Brownie 	Hanfsamen Brownie 	Hanfsamen Brownie

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Saturday
Sunday
Sunday

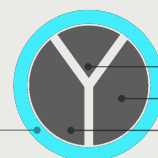
Saturday	Sunday	Sunday
Salatvariation    	Salatvariation    	Salatvariation    
Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)    	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)    	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)    
Fusilli Yumame    	Fusilli Yumame    	Fusilli Yumame    
Seitangulasch Spätzli Miso-Wirsing (vegan)    	Seitangulasch Spätzli Miso-Wirsing (vegan)    	Seitangulasch Spätzli Miso-Wirsing (vegan)    
Dattel Snicker (vegan)    	Dattel Snicker (vegan)    	Dattel Snicker (vegan)    
Hanfsamen Brownie    	Hanfsamen Brownie    	Hanfsamen Brownie    

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

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

Saturday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)

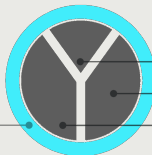


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