

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 25. to 31.10.2055

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                                 |
|                                                   | <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> |
| 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)              |
|                                                   | <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> |
| NewRoots Chäsküechli                              | NewRoots Chäsküechli                                    | NewRoots Chäsküechli                                    | NewRoots Chäsküechli                                    | NewRoots Chäsküechli                                    | NewRoots Chäsküechli                                    |
|                                                   | <div><div></div></div>                                  | <div><div></div></div>                                  | <div><div></div></div>                                  | <div><div></div></div>                                  | <div><div></div></div>                                  |
| Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert       | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert       | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert       | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert       | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert       |
| 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></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> |
| Miso Blumenkohlsuppe (vegan)                      | Miso Blumenkohlsuppe (vegan)                            | Miso Blumenkohlsuppe (vegan)                            | Miso Blumenkohlsuppe (vegan)                            | 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></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> |
| 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)                  |
|                                                   | <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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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<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>Miso soup (vegan)<br>Tzatziki I Fennel I Pinsa Bread (vegan) |                                              | Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse<br>Miso Blumenkohlsuppe (vegan)<br>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> |                                                                                                                                                                                                                                               | <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></div><div></div><div></div></div> |

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|                                                                                                                                                                                       | Monday                                                                                                                                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Brewbee<br>Sauce<br>Baked potatoes<br>Mixed Salads<br>I Breunbees<br>Plant-based<br>steak<br>Yumame<br>Spätzli<br>Miso-Würstchen<br>Seitangulasch<br>Dattel Snicker<br>Brownie   hemp | <div>Salatvariation</div> <div><div></div><div></div></div>                                                               | <div>Salatvariation</div> <div><div></div><div></div></div>                                                               | <div>Salatvariation</div> <div><div></div><div></div></div>                                                               | <div>Salatvariation</div> <div><div></div><div></div></div>                                                               | <div>Salatvariation</div> <div><div></div><div></div></div>                                                               |
|                                                                                                                                                                                       | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div><div></div><div></div></div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div><div></div><div></div></div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div><div></div><div></div></div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div><div></div><div></div></div> | <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div><div></div><div></div></div> |
|                                                                                                                                                                                       | <div>Fusilli Yumame</div> <div><div></div><div></div></div>                                                         | <div>Fusilli Yumame</div> <div><div></div><div></div></div>                                                         | <div>Fusilli Yumame</div> <div><div></div><div></div></div>                                                         | <div>Fusilli Yumame</div> <div><div></div><div></div></div>                                                         | <div>Fusilli Yumame</div> <div><div></div><div></div></div>                                                         |
|                                                                                                                                                                                       | <div>Seitangulasch   Spätzli   Miso-Würsing (vegan)</div> <div><div></div><div></div></div>                         | <div>Seitangulasch   Spätzli   Miso-Würsing (vegan)</div> <div><div></div><div></div></div>                         | <div>Seitangulasch   Spätzli   Miso-Würsing (vegan)</div> <div><div></div><div></div></div>                         | <div>Seitangulasch   Spätzli   Miso-Würsing (vegan)</div> <div><div></div><div></div></div>                         | <div>Seitangulasch   Spätzli   Miso-Würsing (vegan)</div> <div><div></div><div></div></div>                         |
|                                                                                                                                                                                       | <div>Dattel Snicker (vegan)</div> <div><div></div><div></div></div>                                                 | <div>Dattel Snicker (vegan)</div> <div><div></div><div></div></div>                                                 | <div>Dattel Snicker (vegan)</div> <div><div></div><div></div></div>                                                 | <div>Dattel Snicker (vegan)</div> <div><div></div><div></div></div>                                                 | <div>Dattel Snicker (vegan)</div> <div><div></div><div></div></div>                                                 |
|                                                                                                                                                                                       | <div>Hanfsamen Brownie</div> <div><div></div><div></div></div>                                                      | <div>Hanfsamen Brownie</div> <div><div></div><div></div></div>                                                      | <div>Hanfsamen Brownie</div> <div><div></div><div></div></div>                                                      | <div>Hanfsamen Brownie</div> <div><div></div><div></div></div>                                                      | <div>Hanfsamen Brownie</div> <div><div></div><div></div></div>                                                      |

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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...  
 Yumame | Knoblau | Plant Steaks | Fusilli | Spätzli | Miso-Wirsing  
 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)                                                                                                                                                                                                                                                                                                            |
|     |     |     |     |     |

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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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