

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 01. to 07.11.2055

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 |
| Tarte flambée I Umami Micro-greens (vegan)        |                         |                         |                         |                         |                         |
| NewRoots Chäsküechli                              |                         |                         |                         |                         |                         |
| Luya Bites I Daikon I NewRoots Cheese Pie (vegan) |                         |                         |                         |                         |                         |
| Jalapeno Ketchup I Fermented Vegetables           |                         |                         |                         |                         |                         |
| Miso Cauliflower soup (vegan)                     |                         |                         |                         |                         |                         |
| Tzatziki I Fennel I Pilsa 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<br><br>s Tsatziki I Fennel I PinSwiss Miso I Cauliflower soup (vegan)<br>sa bread (vegan)<br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>an)<br>cro-greens (vegan)<br>Tarte flambée I Umami Micro-greens (vegan) | SFNV-Generalversammlung                                                                                                                                                                                                                                                                    | SFNV-Generalversammlung                                    |                                                                                                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                 | <div><div></div><div></div></div>       |                                                            | <div><div></div><div></div></div>       |
|                                                                                                                                                                                                                                 | Tarte flambée I Umami Micro-greens (vegan)                                                                                                                                                                                                                                                 |                                                            |                                                                                                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                 | <div><div></div><div></div></div>       |                                                            | <div><div></div><div></div></div>       |
|                                                                                                                                                                                                                                 | NewRoots Chäsküechli                                                                                                                                                                                                                                                                       |                                                            |                                                                                                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                 | <div><div></div><div></div></div>                                                                                                                                                                                                                                                          |                                                            | <div><div></div><div></div></div>                                                                                                                                                                                                                                                                |
| Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>an)<br>cro-greens (vegan)<br>Tarte flambée I Umami Micro-greens (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> |
|                                                                                                                                                                                                                                 | Miso Blumenkohlsuppe (vegan)                                                                                                                                                                                                                                                               |                                                            |                                                                                                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                 | <div><div></div><div></div></div> |                                                            | <div><div></div><div></div></div> |
| Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>an)<br>cro-greens (vegan)<br>Tarte flambée I Umami Micro-greens (vegan)                                                                                                   | Tzatziki, Fenchel, Pinsa Bread (vegan)                                                                                                                                                                                                                                                     | Tzatziki, Fenchel, Pinsa Bread (vegan)                     |                                                                                                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                 | <div><div></div><div></div></div> |                                                            | <div><div></div><div></div></div> |

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|                                                                                    | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Dattel Snicker (vegan)<br>Seitangulasch   Spätzli   Miso-Wirsing<br>Brownie   hemp | <div>Salatvariation</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Fusilli Yumame</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Dattel Snicker (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Hanfsamen Brownie</div> <div><div>High</div><div>Medium</div><div>Low</div></div> | <div>Salatvariation</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Fusilli Yumame</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Dattel Snicker (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Hanfsamen Brownie</div> <div><div>High</div><div>Medium</div><div>Low</div></div> | <div>Salatvariation</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Fusilli Yumame</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Dattel Snicker (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Hanfsamen Brownie</div> <div><div>High</div><div>Medium</div><div>Low</div></div> | <div>Salatvariation</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Fusilli Yumame</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Dattel Snicker (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Hanfsamen Brownie</div> <div><div>High</div><div>Medium</div><div>Low</div></div> | <div>Salatvariation</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Fusilli Yumame</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Seitangulasch   Spätzli   Miso-Wirsing (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Dattel Snicker (vegan)</div> <div><div>High</div><div>Medium</div><div>Low</div></div> <div>Hanfsamen Brownie</div> <div><div>High</div><div>Medium</div><div>Low</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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Saturday

Sunday

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

NewRoots Cheese + Swiss Miso (vegan)



NewRoots Cheese + Swiss Miso (vegan)



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