

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 07. to 13.11.2022

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



Menu

Tarte flambée I Umami Micro-greens (vegan)

New Roots Cheese Pie

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

Miso Soup I Cauliflower

Tzatziki I Fennel I Pilsa Bread (vegan)

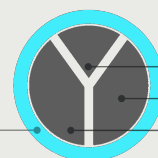
| Monday                                                   | Tuesday                                                  | Wednesday                                                | Thursday                                                 | Friday                                                   |
|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| 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)               |
| 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 |
| 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)                   |

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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 (vegan)

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

Miso I Cauliflower soup (vegan)

Tzatziki I Fennel I Pina Bread (vegan)

Saturday

Sunday

SFNV-Generalversammlung



Tarte flambée I Umami Micro-greens (vegan)



NewRoots Chäsküechli



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



Miso Blumenkohlsuppe (vegan)



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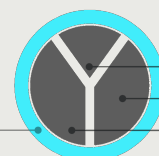


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Sauce  
Baked potatoes | Mixed Salads | Breadcrumbs  
Autumn vegetables...  
Yumame | Knoblauch | Spätzli | Miso-Würstchen  
Seitangulasch (vegan) | Spätzli | Miso-Würstchen  
Dattel Snicker (vegan) | hemp | Brownie

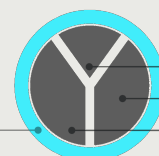
| Monday                                                                                                                                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                        | Friday                                                                                                                                                                                                                                                                                                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Salatvariation<br>                                                                  | Salatvariation<br>                                                                  | Salatvariation<br>                                                                  | Salatvariation<br>                                                                  | Salatvariation<br>                                                                  |
| Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)<br>    | Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)<br>    | Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)<br>    | Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)<br>    | Planted steak   Baked Potatoes   Autumn vegetables   Connies Ketchup (vegan)<br>    |
| Fusilli Yumame<br>                                                          | Fusilli Yumame<br>                                                          | Fusilli Yumame<br>                                                          | Fusilli Yumame<br>                                                          | Fusilli Yumame<br>                                                          |
| Seitangulasch   Spätzli   Miso-Würstchen (vegan)<br>                        | Seitangulasch   Spätzli   Miso-Würstchen (vegan)<br>                        | Seitangulasch   Spätzli   Miso-Würstchen (vegan)<br>                        | Seitangulasch   Spätzli   Miso-Würstchen (vegan)<br>                        | Seitangulasch   Spätzli   Miso-Würstchen (vegan)<br>                        |
| Dattel Snicker (vegan)<br>                                                  | Dattel Snicker (vegan)<br>                                                  | Dattel Snicker (vegan)<br>                                                  | Dattel Snicker (vegan)<br>                                                  | Dattel Snicker (vegan)<br>                                                  |
| Hanfsamen Brownie<br>                                                       | Hanfsamen Brownie<br>                                                       | Hanfsamen Brownie<br>                                                       | Hanfsamen Brownie<br>                                                       | Hanfsamen Brownie<br>                                                       |

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#### Saturday

#### Sunday

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



##### Salatvariation



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



##### Fusilli Yumame



Seitangulasch | Spätzli | Miso-Wirsing (vegan)



Dattel Snicker (vegan)



##### Hanfsamen Brownie

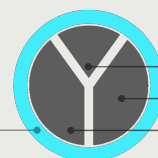


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New Roots white cheese variations incl. Swiss-Miso +...

Monday

NewRoots Cheese + Swiss Miso (vegan)



Tuesday

NewRoots Cheese + Swiss Miso (vegan)



Wednesday

NewRoots Cheese + Swiss Miso (vegan)



Thursday

NewRoots Cheese + Swiss Miso (vegan)



Friday

NewRoots Cheese + Swiss Miso (vegan)

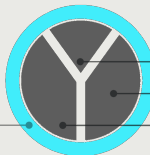


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NewRoots Cheese + Swiss Miso (vegan)



NewRoots Cheese + Swiss Miso (vegan)

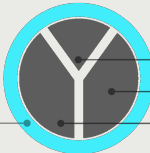


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