

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 14. to 20.11.2061

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



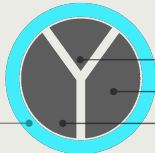
|                                                          | Monday                                                   | Tuesday                                                  | Wednesday                                                | Thursday                                                 | Friday                                                   |
|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| 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 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 |
|                                                          | <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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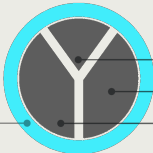
| Saturday                                                                                                                                                                                                                                                                                                                                                                                  |                                                                           | Sunday                  |                                                                           |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------|---------------------------------------------------------------------------|
| Menu                                                                                                                                                                                                                                                                                                                                                                                      | 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>NewRoots Chäsküechli<br>Luya Bites I Daikon I New Roots Cheese Pie (vegan)<br>Jalapeno Ketchup I Fermented Vegetables<br>Miso Blumenkohlsuppe (vegan)<br>Tzatziki I Fennel I PinSwiss Miso I Cauliflower soup (vegan)<br>Tzatziki I Fennel I PinSwiss Miso I Cauliflower soup (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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Sauce  
Baked potatoes | Mixed Salads | Breadcrumbs  
Autumn vegetables...  
Yumame | Knoblauch | Spätzli | Miso-Würstchen  
Fusilli | Spätzli | Miso-Würstchen  
Dattel Snicker (vegan)  
Brownie | hemp

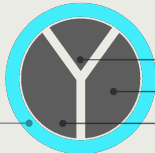
| Monday                                                                           | Tuesday                                                                          | Wednesday                                                                        | Thursday                                                                         | 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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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...  
Yumame | Yumame | Knoblauch | Spätzli | Miso-Wirsing  
Dattel Snicker (vegan) | Spätzli | Miso-Wirsing  
hemp 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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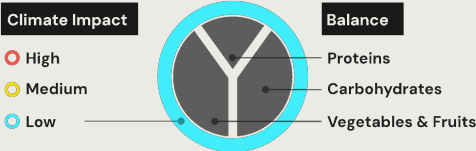


New Roots white cheese variations incl. Swiss-Miso +...

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

Saturday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)

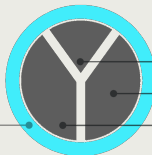


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