

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 19. to 25.11.2007

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

Miso Blueflower soup (vegan)

Tzatziki I Fennel I Pilsa Bread (vegan)

Monday

Tuesday

Wednesday

Thursday

Friday

SFNV-Generalversammlung



SFNV-Generalversammlung



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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 Blumenkohl-suppe (vegan)



Miso Blumenkohl-suppe (vegan)



Miso Blumenkohl-suppe (vegan)



Miso Blumenkohl-suppe (vegan)



Miso Blumenkohl-suppe (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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Menu  
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)  
Fennel I Pinsa Bread (vegan)

Saturday

Sunday

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

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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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High

Medium

Low



Balance

Proteins

Carbohydrates

Vegetables & Fruits

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