

Grosse Schanze | SNVF Generalversammlung

SFNV-Generalversammlung

22. to 28.11.2060

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)	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 	NewRoots Chäsküechli
Luya Bites I Daikon I NewRoots Cheese Pie (vegan)	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 Blumensuppe (vegan)	Miso Blumenkohl- suppe (vegan) 	Miso Blumenkohl- suppe (vegan) 	Miso Blumenkohl- suppe (vegan) 	Miso Blumenkohl- suppe (vegan) 	Miso Blumenkohl- suppe (vegan)
Tzatziki I Fenchel I 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)

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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 Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya Bites I Daikon I New Roots Cheese Pie (vegan) Miso I Cauliflower soup (vegan) Tzatziki I Fennel I Pinsa Bread (vegan)	Menu SFNV-Generalversammlung Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya Bites I Daikon I New Roots Cheese Pie (vegan) Miso I Cauliflower soup (vegan) Tzatziki I Fennel I Pinsa Bread (vegan)	SFNV-Generalversammlung	SFNV-Generalversammlung
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Menu NewRoots Chäsküechli Luya Bites I Daikon I New Roots Cheese Pie (vegan) Miso I Cauliflower soup (vegan) Tzatziki I Fennel I Pinsa Bread (vegan)	Menu NewRoots Chäsküechli Luya Bites I Daikon I New Roots Cheese Pie (vegan) Miso I Cauliflower soup (vegan) Tzatziki I Fennel I Pinsa Bread (vegan)	NewRoots Chäsküechli	NewRoots Chäsküechli
Menu Luya Bites I Daikon I New Roots Cheese Pie (vegan) Miso I Cauliflower soup (vegan) Tzatziki I Fennel I Pinsa Bread (vegan)	Menu Luya Bites I Daikon I New Roots Cheese Pie (vegan) Miso I Cauliflower soup (vegan) Tzatziki I Fennel I Pinsa Bread (vegan)	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse
Menu Miso I Cauliflower soup (vegan) Tzatziki I Fennel I Pinsa Bread (vegan)	Menu Miso I Cauliflower soup (vegan) Tzatziki I Fennel I Pinsa Bread (vegan)	Miso Blumenkohlsuppe (vegan)	Miso Blumenkohlsuppe (vegan)
Menu Tzatziki I Fennel I Pinsa Bread (vegan)	Menu Tzatziki I Fennel I Pinsa Bread (vegan)	Tzatziki, Fenchel, Pinsa Bread (vegan)	Tzatziki, Fenchel, Pinsa Bread (vegan)

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

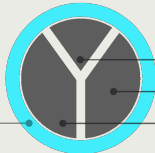
Monday	Tuesday	Wednesday	Thursday	Friday
Salatvariation 	Salatvariation 	Salatvariation 	Salatvariation 	Salatvariation
Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) 	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) 	Planted steak Baked Potatoes Autumn vegetables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

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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...
 Yumame | Knoblau | 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 +...

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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)



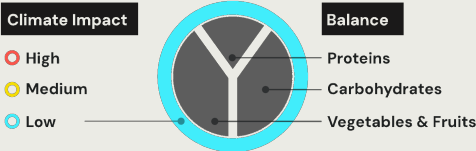
Sunday

NewRoots Cheese + Swiss Miso (vegan)



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