

Grosse Schanze | SNVF Generalversammlung

SFNV-Generalversammlung

28.11 to 04.12.2061

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



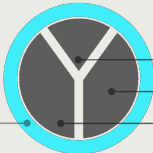
	Monday	Tuesday	Wednesday	Thursday	Friday
Menu	SFNV-Generalversammlung <div> </div>	SFNV-Generalversammlung <div> </div>	SFNV-Generalversammlung <div> </div>	SFNV-Generalversammlung <div> </div>	SFNV-Generalversammlung <div> </div>
Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan) <div> </div>	Tarte flambée I Umami Micro-greens (vegan) <div> </div>	Tarte flambée I Umami Micro-greens (vegan) <div> </div>	Tarte flambée I Umami Micro-greens (vegan) <div> </div>	Tarte flambée I Umami Micro-greens (vegan) <div> </div>
NewRoots Chäsküechli	NewRoots Chäsküechli <div> </div>	NewRoots Chäsküechli <div> </div>	NewRoots Chäsküechli <div> </div>	NewRoots Chäsküechli <div> </div>	NewRoots Chäsküechli <div> </div>
Luya Bites I Daikon I NewRoots Cheese Pie (vegan)	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse <div> </div>	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse <div> </div>	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse <div> </div>	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse <div> </div>	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse <div> </div>
Miso I Cauliflower soup (vegan)	Miso Blumenkohlsuppe (vegan) <div> </div>	Miso Blumenkohlsuppe (vegan) <div> </div>	Miso Blumenkohlsuppe (vegan) <div> </div>	Miso Blumenkohlsuppe (vegan) <div> </div>	Miso Blumenkohlsuppe (vegan) <div> </div>
Tzatziki I Fennel I Pinsabrot (vegan)	Tzatziki, Fenchel, Pinsa Bread (vegan) <div> </div>	Tzatziki, Fenchel, Pinsa Bread (vegan) <div> </div>	Tzatziki, Fenchel, Pinsa Bread (vegan) <div> </div>	Tzatziki, Fenchel, Pinsa Bread (vegan) <div> </div>	Tzatziki, Fenchel, Pinsa Bread (vegan) <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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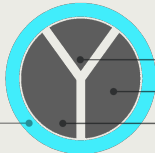
Saturday		Sunday	
Menu Tarte flambée I Umami Micro-greens (vegan) NewRoots Cheese Pie (vegan) Luya Bites I Daikon I NewRoots Ketchup I Fermented Vegetables Miso soup (vegan) Tzatziki I Fennel I Pina Bread (vegan)	SFNV-Generalversammlung	SFNV-Generalversammlung	
	<div><div></div><div></div></div>	<div><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>	
	NewRoots Chäsküechli	NewRoots Chäsküechli	
	<div><div></div><div></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>	
	Miso Blumenkohlsuppe (vegan)	Miso Blumenkohlsuppe (vegan)	
	<div><div></div><div></div></div>	<div><div></div><div></div></div>	
	Tzatziki, Fenchel, Pinsa Bread (vegan)	Tzatziki, Fenchel, Pinsa Bread (vegan)	
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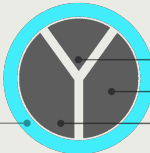
	Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div>Sauce</div> <div>Baked potatoes</div> <div>Mixed Salads</div> <div>I Breunbees</div> </div>	<div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> </div>	<div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> </div>	<div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> </div>	<div>Salatvariation</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>Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)</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>Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)</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>Fusilli Yumame</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>Fusilli Yumame</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>Seitangulasch Spätzli Miso-Wirsing (vegan)</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>Seitangulasch Spätzli Miso-Wirsing (vegan)</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>Dattel Snicker (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>Dattel Snicker (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>Hanfsamen Brownie</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>Hanfsamen Brownie</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

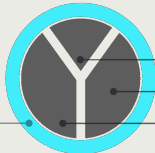


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New Roots white cheese variations incl. Swiss-Miso +...

Monday

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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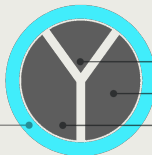
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NewRoots Cheese + Swiss Miso (vegan)



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