

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 27.01 to 02.02.2031

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 I Cauliflower soup (vegan)

Tzatziki I Fennel I Pina Bread (vegan)

Monday

Tuesday

Wednesday

Thursday

Friday

SFNV-Generalversammlung



SFNV-Generalversammlung



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Tarte flambée I Umami Micro-greens (vegan)



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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)

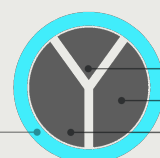


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Discover the climate impact of meals...

Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.

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

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

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

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

| 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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Saturday

Sunday

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

NewRoots Cheese + Swiss Miso (vegan)



NewRoots Cheese + Swiss Miso (vegan)



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