

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 20. to 26.12.1993

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 I Daikon I New Roots 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 |
|                                                    | <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 soup (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 I Fennel 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)                   |
|                                                    | <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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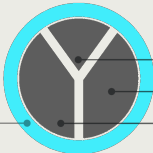
| Saturday                                                                                                                                                                                                                                  |                                                                    | Sunday                                                             |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------|--|
| Menu<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 I Cauliflower soup (vegan)<br>Tzatziki I Fennel I Pinsa Bread (vegan) | 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><div></div></div></div> | <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> | <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 | Autumn vegetables...  
Miso-Wirsing  
Dattel Snicker (vegan)  
Brownie | hemp

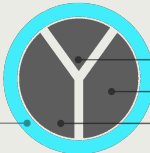
| Monday                                                                           | Tuesday                                                                          | Wednesday                                                                        | Thursday                                                                         | 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-Wirsing (vegan)<br>                               | Seitangulasch   Spätzli   Miso-Wirsing (vegan)<br>                               | Seitangulasch   Spätzli   Miso-Wirsing (vegan)<br>                               | Seitangulasch   Spätzli   Miso-Wirsing (vegan)<br>                               | Seitangulasch   Spätzli   Miso-Wirsing (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 | 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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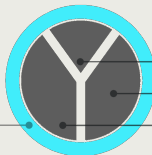
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NewRoots Cheese + Swiss Miso (vegan)



Sunday

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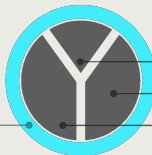


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