

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 20. to 26.12.2049

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



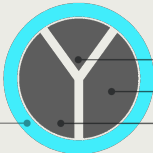
|                                                          | Monday                                                   | Tuesday                                                  | Wednesday                                                | Thursday                                                 | Friday                                                   |
|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| 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, 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 | 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 Blumenkohlsuppe (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, Fenchel, 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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## SFNV-Generalversammlung

### 20. to 26.12.2049

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| Saturday                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                  | Sunday                                                                                                                                                                                                                                                                                     |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Menu<br><br>SFNV-Generalversammlung<br><br>Tarte flambée I Umami Micro-greens (vegan)<br><br>NewRoots Chäsküechli<br><br>Luya Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse<br><br>Miso Blumenkohlsuppe (vegan)<br><br>Tzatziki, Fenchel, Pinsa 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                                                                                                                                                                                                                                                                       |  |
|                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                            |  |
| 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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## SFNV-Generalversammlung

20. to 26.12.2049

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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

Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Connies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Würstchen (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



Tuesday

Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Connies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Würstchen (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



Wednesday

Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Connies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Würstchen (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



Thursday

Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Connies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Würstchen (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



Friday

Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Connies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Würstchen (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie

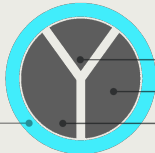


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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...  
Yumame | Yumame | Kürbis (vegan) | Kürbis (vegan) | Miso-Wirsing  
Spätzli | Spätzli | Dattel Snicker (vegan) | Dattel Snicker (vegan) | Hanfsamen Brownie

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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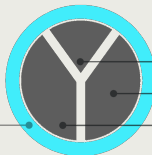
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Saturday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)

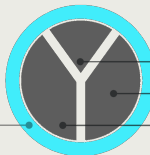


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