

Grosse Schanze | SNVF Generalversammlung

SFNV-Generalversammlung

11. to 17.02.1991

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



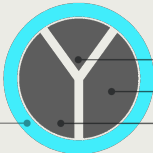
	Monday	Tuesday	Wednesday	Thursday	Friday
Menu	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung
Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya Bites I Daikon I NewRoots Cheese Pie (vegan) Jalapeno Ketchup I Fermented Vegetables Miso Soup (vegan) Tzatziki I Fennel I Pilsa Bread (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
	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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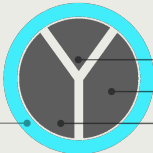
Saturday		Sunday	
Menu s Tsatziki I Fennel I PinSwiss Miso I Cauliflower soup (vegan) sa bread (vegan) Luya Bites I Daikon I New Roots Cheese Pie (vegan) an) Jalapeno Ketchup I Fer-... cro-greens (vegan) Tarte flambée I Umami Micro-greens (vegan)	SFNV-Generalversammlung	SFNV-Generalversammlung	
	<div><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
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	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse		Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse
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	Miso Blumenkohlsuppe (vegan)		Miso Blumenkohlsuppe (vegan)
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	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 | Spätzli | Miso-Würstchen
Dattel Snicker (vegan)
Brownie | hemp

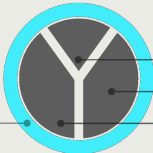
Monday	Tuesday	Wednesday	Thursday	Friday
Salatvariation <div> <div></div> <div></div> <div></div> <div></div> </div>	Salatvariation <div> <div></div> <div></div> <div></div> <div></div> </div>	Salatvariation <div> <div></div> <div></div> <div></div> <div></div> </div>	Salatvariation <div> <div></div> <div></div> <div></div> <div></div> </div>	Salatvariation <div> <div></div> <div></div> <div></div> <div></div> </div>
Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) <div> <div></div> <div></div> <div></div> <div></div> </div>	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) <div> <div></div> <div></div> <div></div> <div></div> </div>	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) <div> <div></div> <div></div> <div></div> <div></div> </div>	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) <div> <div></div> <div></div> <div></div> <div></div> </div>	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan) <div> <div></div> <div></div> <div></div> <div></div> </div>
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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...
Yumame | Yumame | Kürbis (vegan) | Kürbis (vegan) | Miso-Wirsing
Dattel Snicker (vegan) | Dattel Snicker (vegan) | Hanfsamen Brownie

Saturday

Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Con-nies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Wirsing (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



Sunday

Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Con-nies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Wirsing (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie

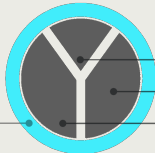


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New Roots white cheese variations incl. Swiss-Miso +...

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)

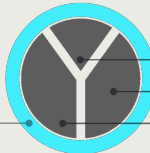


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Saturday

NewRoots Cheese + Swiss Miso (vegan)



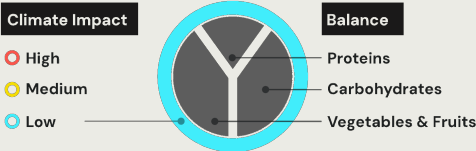
Sunday

NewRoots Cheese + Swiss Miso (vegan)



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