

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 20. to 26.02.2051

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



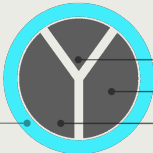
|                                                   | Monday                  | Tuesday                 | Wednesday               | Thursday                | Friday                  |
|---------------------------------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| 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) |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
| Luya Bites I Daikon I NewRoots Cheese Pie (vegan) |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
|                                                   |                         |                         |                         |                         |                         |
| Miso Blumenkohlsuppe (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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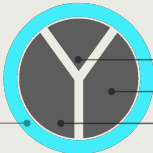
| Saturday                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                            | Sunday                                                                                                                                                                                                                                                                                           |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Menu<br><br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Cheese Pie (vegan)<br>Luya Bites I Daikon I NewRoots Cheese Pie (vegan)<br>Jalapeno Ketchup I Fermented Vegetables<br>Miso Cauliflower soup (vegan)<br>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)                                                                                                                                                                                                                                                           |  |
|                                                                                                                                                                                                                                                                  | <div><div></div><div></div></div> | <div><div></div><div></div></div> |  |

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- High
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Sauce  
Baked potatoes | Mixed Salads | Breadcrumbs  
Autumn vegetables...  
Yumame | Knoblauch | Spätzli | Miso-Würstchen  
Fusilli | Kürbis (vegan) | Sauce  
Seitangulasch | Spätzli | Miso-Würstchen  
Dattel Snicker (vegan)  
Brownie | hemp

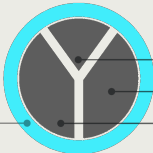
| Monday                                                                           | Tuesday                                                                          | Wednesday                                                                        | Thursday                                                                         | 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-Würstchen (vegan)<br>                             | Seitangulasch   Spätzli   Miso-Würstchen (vegan)<br>                             | Seitangulasch   Spätzli   Miso-Würstchen (vegan)<br>                             | Seitangulasch   Spätzli   Miso-Würstchen (vegan)<br>                             | Seitangulasch   Spätzli   Miso-Würstchen (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 | Knoblau | Fusilli | Miso-Wirsing | Seitangulasch | Spätzli | Dattel Snicker (vegan) | Hanfsamen Brownie | hemp

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

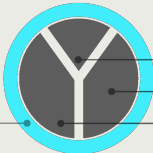


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New Roots white cheese variations incl. Swiss-Miso +...

| 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

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)

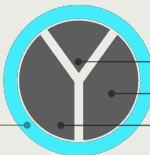


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