

Grosse Schanze | SNVF Generalversammlung

SFNV-Generalversammlung

21. to 27.02.2061

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



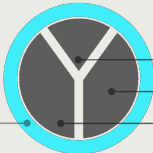
	Monday	Tuesday	Wednesday	Thursday	Friday
Menu	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung
	<div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></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)
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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
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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)
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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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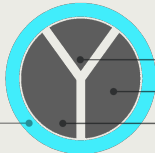
Saturday		Sunday	
Menu SFNV-Generalversammlung Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya Bites I Daikon I New Roots Cheese Pie (vegan) Miso soup (vegan) Tzatziki I Fennel I Pinsa Bread (vegan)	Menu SFNV-Generalversammlung Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse Miso Blumenkohlsuppe (vegan) Tzatziki, Fenchel, Pinsa Bread (vegan)	Menu SFNV-Generalversammlung Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse Miso Blumenkohlsuppe (vegan) Tzatziki, Fenchel, Pinsa Bread (vegan)	Menu SFNV-Generalversammlung Tarte flambée I Umami Micro-greens (vegan) NewRoots Chäsküechli Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse Miso Blumenkohlsuppe (vegan) Tzatziki, Fenchel, Pinsa Bread (vegan)

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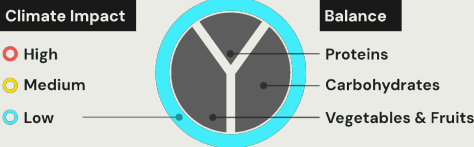
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	Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div>Sauce</div> <div> <div>Baked potatoes</div> <div>Autumn vegetables...</div> <div>Mixed Salads</div> <div>Plant-based Steaks</div> <div>Spätzli</div> <div>Seitangulasch</div> <div>Dattel Snicker (vegan)</div> <div>Brownie hemp</div> </div> </div>	<div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables & Fruits</div> </div>	<div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables & Fruits</div> </div>	<div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables & Fruits</div> </div>	<div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables & Fruits</div> </div>	<div>Salatvariation</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables & Fruits</div> </div>
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	<div>Hanfsamen Brownie</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables & Fruits</div> </div>	<div>Hanfsamen Brownie</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables & Fruits</div> </div>	<div>Hanfsamen Brownie</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables & Fruits</div> </div>	<div>Hanfsamen Brownie</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables & Fruits</div> </div>	<div>Hanfsamen Brownie</div> <div> <div>High</div> <div>Medium</div> <div>Low</div> <div>Proteins</div> <div>Carbohydrates</div> <div>Vegetables & Fruits</div> </div>

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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

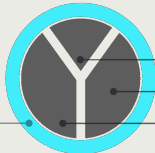


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New Roots white cheese variations incl. Swiss-Miso +...

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

Saturday

NewRoots Cheese + Swiss Miso (vegan)



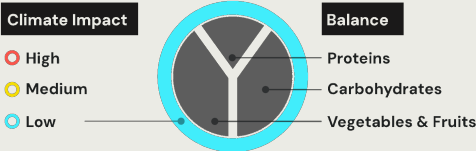
Sunday

NewRoots Cheese + Swiss Miso (vegan)



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