

# Grosse Schanze | SNVF Generalversammlung

## SFNV-Generalversammlung

### 23. to 29.02.2060

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



|                                                   | Monday                                                                                                                                | Tuesday                                                                                                                               | Wednesday                                                                                                                             | Thursday                                                                                                                              | Friday                                                                                                                                |
|---------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| Menu                                              | SFNV-Generalversammlung <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                                     | SFNV-Generalversammlung <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                                     | SFNV-Generalversammlung <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                                     | SFNV-Generalversammlung <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                                     | SFNV-Generalversammlung <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                                     |
| Tarte flambée I Umami Micro-greens (vegan)        | Tarte flambée I Umami Micro-greens (vegan) <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                  | Tarte flambée I Umami Micro-greens (vegan) <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                  | Tarte flambée I Umami Micro-greens (vegan) <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                  | Tarte flambée I Umami Micro-greens (vegan) <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                  | Tarte flambée I Umami Micro-greens (vegan) <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                  |
| NewRoots Chäsküechli                              | NewRoots Chäsküechli <div> <span>○</span> </div>                                                                                      | NewRoots Chäsküechli <div> <span>○</span> </div>                                                                                      | NewRoots Chäsküechli <div> <span>○</span> </div>                                                                                      | NewRoots Chäsküechli <div> <span>○</span> </div>                                                                                      | NewRoots Chäsküechli <div> <span>○</span> </div>                                                                                      |
| Luya Bites I Daikon I NewRoots Cheese Pie (vegan) | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div> | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div> | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div> | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div> | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert<br>Gemüse <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div> |
| Miso Soup I Cauliflower                           | Miso Blumenkohlsuppe (vegan) <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                                | Miso Blumenkohlsuppe (vegan) <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                                | Miso Blumenkohlsuppe (vegan) <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                                | Miso Blumenkohlsuppe (vegan) <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                                | Miso Blumenkohlsuppe (vegan) <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                                |
| Tzatziki I Fennel I Painsa Bread (vegan)          | Tzatziki, Fenchel, Pinsa Bread (vegan) <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                      | Tzatziki, Fenchel, Pinsa Bread (vegan) <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                      | Tzatziki, Fenchel, Pinsa Bread (vegan) <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                      | Tzatziki, Fenchel, Pinsa Bread (vegan) <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </div>                      | Tzatziki, Fenchel, Pinsa Bread (vegan) <div> <span>○</span> <span>🌿</span> <span>🌾</span> <span>🚫🍷</span> </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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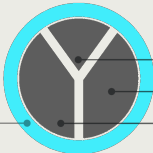
| Saturday                                                                                                                                                                                                                   |                                                                                                                                                                                                                            | Sunday                                                     |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|--|
| Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I NewRoots Cheese Pie (vegan)<br>Miso soup (vegan)<br>Tzatziki I Fennel I Pinsa Bread (vegan) | Menu<br>SFNV-Generalversammlung<br>Tarte flambée I Umami Micro-greens (vegan)<br>NewRoots Chäsküechli<br>Luya Bites I Daikon I NewRoots Cheese Pie (vegan)<br>Miso soup (vegan)<br>Tzatziki I Fennel I Pinsa Bread (vegan) | SFNV-Generalversammlung                                    |  |
|                                                                                                                                                                                                                            |                                                                                                                                                                                                                            | SFNV-Generalversammlung                                    |  |
|                                                                                                                                                                                                                            |                                                                                                                                                                                                                            | Tarte flambée I Umami Micro-greens (vegan)                 |  |
|                                                                                                                                                                                                                            |                                                                                                                                                                                                                            | Tarte flambée I Umami Micro-greens (vegan)                 |  |
|                                                                                                                                                                                                                            |                                                                                                                                                                                                                            | NewRoots Chäsküechli                                       |  |
|                                                                                                                                                                                                                            |                                                                                                                                                                                                                            | NewRoots Chäsküechli                                       |  |
| Luya Bites I Daikon I NewRoots Cheese Pie (vegan)<br>Miso soup (vegan)<br>Tzatziki I Fennel I Pinsa Bread (vegan)                                                                                                          | Luya Bites I Daikon I NewRoots Cheese Pie (vegan)<br>Miso soup (vegan)<br>Tzatziki I Fennel I Pinsa Bread (vegan)                                                                                                          | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse |  |
|                                                                                                                                                                                                                            |                                                                                                                                                                                                                            | Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse |  |
|                                                                                                                                                                                                                            |                                                                                                                                                                                                                            | Miso Blumenkohlsuppe (vegan)                               |  |
|                                                                                                                                                                                                                            |                                                                                                                                                                                                                            | Miso Blumenkohlsuppe (vegan)                               |  |
|                                                                                                                                                                                                                            |                                                                                                                                                                                                                            | 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

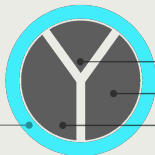
| Monday                                                                                                                                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                        | Friday                                                                                                                                                                                                                                                                                                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Salatvariation<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 | 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                                                  | 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)                    |
| <div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></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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Saturday

Sunday

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

NewRoots Cheese + Swiss Miso (vegan)



NewRoots Cheese + Swiss Miso (vegan)



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