

# Helsana Lausanne | Le Provençal

## Menu du midi

### 01. to 07.01.2024

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



|             | Monday                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                                                                                                             |
|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Traditional | <div>RESTAURANT FERME</div> <div></div> <div>10.00 / 16.50 / 17.50</div> | <div>RESTAURANT FERME</div> <div></div> <div>10.00 / 16.50 / 17.50</div> | <div>Filet de daurade, sauce vierge, Cous-cous, Légumes du jour</div> <div></div>                                                                     | <div>Ailerons de poulet mariné, Purée de courge et pommes de terre, Légumes du jour</div> <div></div>                                                                           | <div>Goulash de boeuf, Riz basmati, Salade à l'emporter</div> <div></div> |
| Urban       | <div>RESTAURANT FERME</div> <div></div> <div>9.50 / 13.50 / 14.50</div>  | <div>RESTAURANT FERME</div> <div></div> <div>9.50 / 13.50 / 14.50</div>  | <div>Arrancini aux tomates et mozzarella, Légumes grillés, Salade du buffet</div> <div></div>                                                         | <div>Saucisse à rôtir végétarienne, Pommes de terre frites, Salade du jour</div> <div></div> | <div>Risotto aux champignons, Salade à l'emporter</div> <div></div>                                                                                          |
| Special     | <div>RESTAURANT FERME</div> <div></div>                              | <div>RESTAURANT FERME</div> <div></div>                              | <div>Assortiment de panini et buffet de salade</div> <div></div> | <div>Assortiment de sandwich, Buffet de salade et panini au choix</div> <div></div>      | <div>Poke Bowl, Sauce onctueuse au soja</div> <div></div>                                                                                                                                                                                     |

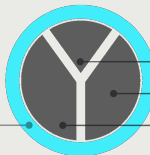
Any changes to individual menu components will be communicated in writing directly at the food counter. If you are unsure about allergens or require further information, you can contact our staff at any time.



Discover the climate impact of meals...

#### Climate Impact

- High
- Medium
- Low



#### Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.