

RTS Ecublens | RTS Ecublens

Menu du midi

23. to 29.03.2026

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



	Monday	Tuesday	Wednesday	Thursday	Friday
Urban	Nouilles chinoises sautées, Tofu fumé, Julienne de légumes, Teriyaki Sauce    9.75 / 12.75	Tajine Kichererb-sen Auberginen Dör-raprikosen, Port. 340g, Carottes, aubergines, Cous-...    9.75 / 12.75	Planted Thai Cur-ry grün, Port. 280g, 03_02 Jasmin Reis, Auberginen / Eier-frucht, Süssmais Kol-..     9.75 / 12.75	Aubergines pois chiches Ragout Maghmour, Port. 280g, Sojajoghurt mit Koriander, Boulghour..    9.75 / 12.75	Gnocchi / Kartoff-felgnocchi, Feta / Salzlaken Käse, Tomaten-sauce gewürzt, Kon-...   9.75 / 12.75
Bistro	Rind weisses Stück, Bürgermeis-ter- oder Pastoren-stück, Sauce a la moutarde / Jus de...  14.60 / 16.60	Poitrine de poulet Supreme grillée, port.à 160g, Velouté de champignons, Spätzli / Knöpfli, ve-...  14.60 / 16.60	Trutenbrust Streifen, Paprikasauce 642, Penne, Karotten und Erbsen (Erbsli mit Rüebli), nature  14.60 / 16.60	Rind Kopfbacken, Sauce au Porto, Ebly aux légumes, Som-mer Gemüse mis-chungen (küchen-...  14.60 / 16.60	
Global	Schweins Hals Brat-en Senfkruste 2050, Sauce au romarin / jus au romarin, Kartoffeln (küchen-...  16.00 / 18.00	Filet de saumon gril-lé, Sauce à l'ail des ours, Erbsen Mark / Erbsen Püree, nature, Bohnen grün...    16.00 / 18.00	Rind Huft, Chimichurri Sauce frische Kräuter, Frühkartoffeln / Brätler, Blumenkohl...    16.00 / 18.00	Dorschfilets / Dorsch Rückenfilets / Dorsch Royal Fischfilets, Sauce à l'ail des ours, Quinoa cuit à la...    16.00 / 18.00	Filets de colin gril-lés aux amandes, port. à 140g, Roots / Kräuteröl, Mélange de riz sauvage, Ro-...  16.00 / 18.00

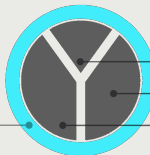
Any changes to individual menu components will be communicated in writing directly at the food counter. If you are unsure about allergens or require further information, you can contact our staff at any time.



Discover the climate impact of meals...

Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.