

# RTS Lausanne | RTS Lausanne

## Menu du midi

### 17. to 23.03.2025

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



|               | Monday                                                                                                                                                     | Tuesday                                                                                                                                                      | Wednesday                                                                                                                                                    | Thursday                                                                                                                                                                      | Friday                                                                                                                                                           |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Urban         | <p>Lentilles Dal Tarka, steak de chou-fleur mariné, petits pois coco, légumes à l'indienne, Pain naan</p> <p><span>●</span> <span>🌱</span></p> <p>9.75</p> | <p>Bowl RTS, Tempura de chou-fleur, Pousses d'épinards, Houmous de betterave, Avocat,...</p> <p><span>●</span> <span>🌱</span> <span>🚫</span></p> <p>9.75</p> | <p>Palak Paneer, épinards, fromage frais, riz basmati, grenade, coriandre</p> <p><span>●</span> <span>🌱</span> <span>🌾</span> <span>🚫</span></p> <p>9.75</p> | <p>Chili sin carne au soja, Baked pommes de terre, Crème végétane, ciboulette, citron vert,, Coriandre...</p> <p><span>●</span> <span>🌱</span> <span>🚫</span></p> <p>9.75</p> | <p>Tikka Masala, planted, pois chiches, riz, sésame, coco, Chou rouge pickles, dip de co-...</p> <p><span>●</span> <span>🌱</span> <span>🚫</span></p> <p>9.75</p> |
| Bistro        | <p>Emincé de poulet à la moutarde, Purée de pommes de terre maison, Carottes aux amandes</p> <p><span>●</span> <span>🌾</span></p> <p>14.60</p>             | <p>Vindaloo, curry de porc, riz basmati, épinards, pickles d'oignons</p> <p><span>●</span> <span>🌾</span></p> <p>14.60</p>                                   | <p>Saucisse de veau, Sauce à l'oignon au thym, Spaghetti, Kimchi de chou rouge</p> <p><span>●</span></p> <p>12.75</p>                                        | <p>Butter Chicken, poulet, tomates, raïta au concombre, riz basmati, courgettes, pois chiches</p> <p><span>●</span> <span>🌾</span></p> <p>14.60</p>                           | <p>Rôti de dinde, Jus au Marsala, Patates douces cuites au beurre, Aubergines grillées</p> <p><span>●</span></p> <p>14.60</p>                                    |
| Global        | <p>Filet de truite saumonée grillé, Pesto d'estragon, Riz pilaf au curcuma, Fenouil braisé à l'orange</p> <p><span>●</span></p> <p>16.00</p>               | <p>Cheeseburger de boeuf, Pommes de terre curry au four, Rainbow Slaw, Sauce ranch</p> <p><span>●</span></p> <p>16.00</p>                                    |                                                                                                                                                              | <p>Filet de cabillaud en croûte, Sauce acidulée au paprika, Quinoa noir, Épinards en branches</p> <p><span>●</span></p> <p>16.00</p>                                          |                                                                                                                                                                  |
| Chefs spezial |                                                                                                                                                            |                                                                                                                                                              | <p>Suprême de poulet jaune, Beurre aux herbes, Pommes de terre grenailles sautées, Sauté de...</p> <p><span>●</span></p> <p>18.00</p>                        |                                                                                                                                                                               |                                                                                                                                                                  |

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...



...and identify balanced nutrition.