

# RTS Lausanne | RTS Lausanne

## Menu du midi

### 13. to 19.10.2025

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



|        | Monday                                                                                                                                                                    | Tuesday                                                                                                                                                                          | Wednesday                                                                                                                                                                          | Thursday                                                                                                                                      | Friday                                                                                                                                          |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| Urban  | <div>Curry de lentilles et légumes, Riz jasmin</div> <div><div></div><div></div><div></div></div> <div>9.75 / 12.50</div>                                                 | <div>Penne alla diavola, olives,, piments, parmesan, câpres</div> <div><div></div><div></div><div></div></div> <div>9.75 / 12.50</div>                                           | <div>Bowl betterave et baies des bois, myrtille, blé pourpre,s, new roots, fallafel betterave, noisette</div> <div><div></div><div></div><div></div></div> <div>9.75 / 12.50</div> | <div>Piccata de tofu, Sauce aigre doux, Salade aux trois lentilles</div> <div><div></div><div></div><div></div></div> <div>9.75 / 12.50</div> | <div>Lasagnes maison aux légumes racines, Bechamel aux champignons</div> <div><div></div><div></div><div></div></div> <div>9.75 / 12.50</div>   |
| Bistro | <div>Boudin noir grillé, Jus à l'oignon, Pommes purée maison, Tranches de pommes caramélisées</div> <div><div></div><div></div><div></div></div> <div>14.60 / 16.60</div> | <div>Escalope de dinde Vindaloo, Sauce au yaourt, Semoule à l'origan, Tajine de légumes et fruits...</div> <div><div></div><div></div><div></div></div> <div>14.60 / 16.60</div> | <div>Cannellonis à la ricotta et aux épinards, Coulis de tomate et roquette</div> <div><div></div><div></div><div></div></div> <div>12.75 / 16.60</div>                            | <div>Fish and chips, Sauce tartare, Petits pois à la menthe</div> <div><div></div><div></div><div></div></div> <div>14.60 / 16.60</div>       | <div>Mafé de poulet, Patates douces cuites au four, Haricots rouges</div> <div><div></div><div></div><div></div></div> <div>14.60 / 16.60</div> |
| Global | <div>Filet de truite saumonée grillée, Sauce au citron, Tagliatelles, Epinards en branches</div> <div><div></div><div></div><div></div></div>                             | <div>Carré de côte de sanglier, Sauce grand veneur, Chou rouge mariné, Marron glacés, Spätzli</div> <div><div></div><div></div><div></div></div>                                 | <div>Navarin d'agneau à la bière brune, Polenta au mascarpone, Navet glacé</div> <div><div></div><div></div><div></div></div>                                                      | <div>Médailillon de cerf grand veneur, Courgettes rôties, Purée de céleri, Poire chas-se</div> <div><div></div><div></div><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.