

Im Technologiepark 1 * 15236 Frankfurt (Oder)

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Lunch menu

Opening times:

Monday to Friday 8.30 to -10 am & 11.00 am to 1.30 pm Lunch 11.00 am to 1.30 pm

pasta dísh

without meat

at

Cafeteria

IHP GmbH vegan dísh

Remember to check out our alternative daily offers								
Week	Soup of the day 1,10 €		Once-course meal 4,00 €		<u>Main dish</u> 4,50 €		<u>Trend food</u> 5,00 €	
04.	from the soup pot 0,2 I		inclusive of 1 small dessert of the day or 1 small soup of the day 0,1 l		please choose from our daily offer of side dishes		please choose from our daily offer of side dishes	
	ZZV	kcal	ZZV	kcal	zzv	kcal	ZZV	kcal
Monday 22.01.2024	Cream of tomato soup with wild rice		Green tagliatelle with Gorgonzola Sauce and roasted pine nuts		Fried sausage with herbs served with cream sauce, boiled potatoes and beans		Hamburg-style herring casserole with yoghurt sauce, served with dill potatoes and a small mixed salad	
	aw, g, i	120	aw, g, 1	530	aw, g, j, 3, 4, 11	710	aw, c, d, j, 2, 3, 11	630
Tuesday 23.01.2024	Lemon soup with fresh dill		2 boiled eggs with tartar sauce, boiled potatoes and cucumber salad		Roast pork roll (stuffed with onions and smoked meat) with baby carrots and boiled potatoes		Fried fillet of perch with leaf spinach and tagliatelle	
	aw, g	110	aw, c, g, j, 2, 3, 11	610	aw, 2, 3, 11	710	aw, d	610
Wednesday 24.01.2024	Thick spicy beef soup with mushrooms		Braised cucumber with spicy Puszta balls and potato puree		Chinese stir-fry with chicken and beansprouts served with Mie noodles		Large farmer's breakfast with pickled herring pieces	
	aw	140	aw, c, f, i, j, g, 3, 11	510	aw, i	490	c, 3, 11	590
Thursday 25.01.2024	Thick Onion Soup with dill		Sausage goulash with tomatos and peppers, served with spirelli pasta		Chickpea and vegetable curry (Carrot, leek, cauliflower, red pepper) with basmati rice		Chicken breast 'Toscana' (au gratin with tomato and cheese), served with potato croquettes and peas	
	aw, g	60	aw, j, 2, 3, 11	780	aw, i	490	aw, d, 3	690
Friday 26.01.2024	Minced meat and cheese soup (pork) with leeks		Chicken ragout with mixed seasonal vegetables and herbed rice		Backfish fillet (pollack) with cucumber dill sour cream and mashed potatoes		Cauliflower Piccatta with remoulade sauce and ciabatta bread served with salad garnish	
	aw, i, g, 1	130	aw, g, i	630	aw, c, d, 2, 3, 11	710	aw, c, g, j, 2, 11	450
Please choose from our salad bar and the daily specials with dessert.								

Not IHP-members pay a surcharge of 0,50 Euro for lunch!

aw) cereals containing gluten (wheat) ar) cereals containing gluten (rye) b) crustaceans (-products) c) eggs (-products) d) fish (-products) e) peanuts (-products) f) Soy (-products) g) milk (-products, including lactose) h) nuts i) celery (-products) j) Mustard (-products) k) Sesame (-products) l) Sulphur dioxide and sulphites> 10 mg / kg / l m) lupine (-products) n) molluses (-products)

ENJOY YOUR MEAL

Menu subject to alterations!

marking required additives

1) with coloring 2) with preservative 3) with antioxidant 4) with flavor enhancer 5) geschwefelt 6) blackened 7) waxed 8) with phosphate 9) with sweeteners 10) contains phenylalanine 11) with sugars and sweeteners 12) with sugar substitutes 13) with quinine 14) with caffeine