

Im Technologiepark 1 \* 15236 Frankfurt (Oder) Tel. (0335) 40164121\* Fax 40164123

info@einfachfaircatering.de

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

vegan dísh

Cafeteria at

ihp

**IHP GmbH** 

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 €		Trend food 5,00 €	
11.	from the soup pot 0,2 l		inclusive of 1 small dessert of the day <u>or</u> 1 small soup of the day 0,1 l		please choose from our o	daily offer of side dishes	please choose from our d	aily offer of side dishes
Monday	224	KCGI	224	KCAI	224	KCBI	220	RCBI
11.03.2024	Cream of tomato soup 'Milanese' with noodles and root vegetables		Creamed spinach with two fried eggs and boiled potatoes		Thuringia-style grill sausage with onion sauce, parsley potatoes and pickled cabbage		Chicken breast 'Toscana' (au gratin with tomato and cheese), served with potato croquettes and peas	
	aw, g, i	120	aw, c, g, 3	580	aw, j, 3, 4, 11	710	aw, g, 1, 11	690
Tuesday 12.03.2024	Cabbage soup with pork and cumin		chicken stew with vegetable risotto		Alaskan Salmon Filet "meunière" with parsley sauce, creamy vegetables and boiled potatoes		Feta cheese in batter with ratatouille and bow-tie pasta	
	i	100	aw, g, i	581	aw, d, g	620	aw, g, 1, 11	510
Wednesday 13.03.2024	Red lentil soup with diced bacon		Solyanka 'Ukrainian style' with sour cream, served with a slice of bread		Home-made Königsberg-style meatballs with caper sauce, boiled potatoes and beetrot salad		Stuffed giant mushrooms with cream cheese, fragrant rice and cream sauce	
	i, 2, 8	140	aw, ar, g, j, 1, 2, 3, 4, 11	520	aw, c, g, 3, 11	560	g	420
Thursday 14.03.2024	Carrot and orange soup		Spaghetti Bolognese with grated cheese		Kassler-style pork and potato casserole with pickled cabbage and cream sauce		Fried tofu (with sesame breading) on Chinese vegetables with brown rice	
	aw, g, 11	120	aw, g, i, 1, 11	695	aw, g, 2, 3, 11	540	c, g, i, f, k	490
Friday 15.03.2024	Beef broth royale with root vegetables and egg stitch		Potato rösti thaler with spring onion quark, and salad garnish		Fried chicken drumsticks with cream sauce, peas and chips		Pizza "Special" with ham, salami, mushrooms and cheese	
	c, g, i	70	aw, c, g, i, j, 3	610	aw, g, 11	570	aw, g, 1, 2, 3, 5, 11	630
Please choose from our salad bar and the daily specials with dessert.  Not IHP-members pay a surcharge of 0,50 Euro for lunch!								

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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