

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 11.00 am to 1.30 pm

pasta dísh without meat

vegan dísh

Cafeteria at

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 €	
14.	from the soup pot 0,2 I		inclusive of 1 small dessert of the day <u>or</u> 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 03.04.2023	Thick mushroom soup with leeks		Nasi Goreng (Indonesian rice dish with chicken)		Gnocchi casserole with leaf spinach and cherry tomatoes with mozzarella baked		Gyros cutlet (pork) on tzatziki and potato salad with olive and herb	
		140	aw, i	510	aw, c, g	510	aw, c, g, 3, 11	610
Tuesday 04.04.2023	Tomato-fish broth with julienne root vegetables		Potato rösti thaler with spring onion quark, and salad garnish		Chicken liver in apple-onion sauce with potato puree and red cabbage		Fillet of sea fish in sesame batter with olives, courgettes, peppers and pasta	
	d, i	80	aw, c, g, i, j, 3	610	aw, c, f, i, j, g, 3, 11	530	aw, d, k	620
Wednesday 05.04.2023	Potato-leek soup		2 pancakes and fresh strawberries		Battered slice of Bologna-style sausage with tomato sauce and spirelli pasta		Chicken roulade 'Florentine-style' with gnocchi and salad garnish	
	i, 3	110	aw, c, g, 11	440	aw, c, j, 2, 3, 11	580	aw, c	680
Thursday 06.04.2023	Asparagus soup with chives with chopped egg		Scrambled eggs with herbs, served with cucumber salad and potato puree		Home-made Fish meatball with boiled potatoes, dill sauce and herbed carrots		Pork cutlet 'au four' with peas and potato chips	
	aw, c, g	112	aw, c, f, i, j, g, 3, 11	510	aw, c, g, 3	520	aw, g, 1, 11	730
Friday							(B) Q	





Das Team der Einfach Fair Catering GmbH wünscht ein schönes Osterfest!



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) I) Sulphur dioxide and sulphites> 10 mg / kg / I m) lupine (-products) n) molluscs (-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