

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

Remember to check out our alternative daily offers

pasta dísh wíthout meat

vegan dísh

Cafeteria at

the p

IHP GmbH

Week	Soup of the day 1,10 €		Once-course meal 4,00 €		<u>Main dish</u> 4,50 €		<u>Trend food</u> 5,00 €	
15.	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	
Monday	ZZV	kcal	ZZV	kcal	ZZV	kcal	ZZV	kcal
10.04.2023			Das Team der Einfach Fair Catering GmbH wünscht einen sonnigen Ostermontag!					
Tuesday							D. I	
11.04.2023	Kohlrabi soup		Cauliflower Cheese Medallion with quark dip, boiled potatoes and side salad		Saithe Crispy to roasters and remoulade		Pork cutlet 'Strindberg'-style (in onion-mustard-egg batter) with buttered peas and potato chips	
	aw, g	120	aw, c, g, i, j, 3	610	aw, c, d, f, 2, 3, 11	710	aw, c, 11	730
Wednesday 12.04.2023	Egg-drop chicken broth		Spaghetti Bolognese with grated cheese		Krusty chicken drumsticks on colorful roasted vegetables served with potato chips and garlic dip		Stuffed potato pasties (herbed cream cheese) with chive quark and salad garnish	
	c, i	90	aw, g, i, 1, 11	695	aw, g, i	710	aw, c, g	610
Thursday 13.04.2023	Italian Cheese Soup		Szeged pork goulash (pickled cabbage) with dumplings or boiled potatoes		Arugula sweet potato slices risotto with peas and salad garnish		Fried fillet of sea fish with leaf spinach and tagliatelle	
	aw, g, 1	130	aw, 3	610	c, 3	590	aw, d, g	420
Friday								

Please choose from our salad bar and the daily specials with dessert. Not IHP-members pay a surcharge of 0,50 Euro for lunch!

vanilla milk noodles

with apple-cinnamon compote

aw, g, 11

allergen labeling

14.04.2023

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) molluscs (-products)

aw, g

Green pea soup

with thyme

ENJOY YOUR MEAL

Menu subject to alterations!

marking required additives

Pork cutlet 'cordon bleu'

with boiled potatoes and cauliflower

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

Baked

camembert cheese

with orange-curry chutney