

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 wíthout meat

vegan dísh

Cafeteria at

the p

IHP GmbH

Remember to check out our alternative daily offers								
Week	Soup of the day 1,10 €		Once-course meal 4,00 €		Main dish		Trend food	
WEEK					4,50 €		5,00 €	
18.	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			(AFR)					
01.05.2023					Barr			
01.05.2025	May Day							
			The state of the s		I		T	
Tuesday	Cream of tomato soup		Green tagliatelle with Gorgonzola Sauce		Backfish fillet (pollack)		Chicken breast 'Toscana' (au gratin with tomato and cheese),	
02.05.2023								
02.001.2020	with wild rice		and roasted pine nuts		with cucumber dill sour cream and mashed potatoes		served with potato croquettes and peas	
					polatocs			
	aw, g, i	120	aw, g, 1	530	aw, c, d, 2, 3, 11	710	aw, g, 1, 11	690
Wednesday	Lemon soup		2 boiled eggs with tartar sauce, boiled potatoes		Roast pork roll (stuffed with onions and smoked meat)		Fried fillet of perch	
03.05.2023								
03.03.2023	with fresh dill		and cucumber salad		with baby carrots and boiled potatoes		with leaf spinach and tagliatelle	
	aw, g	110	aw, c, g, j, 2, 3, 11	610	aw, 2, 3, 11	710	aw, d	610
Thursday								
	Thick		Braised cucumber		Chinese stir-fry		Hamburg-style herring casserole	
04.05.2023	spicy beef soup with mushrooms		with spicy Puszta balls and potato puree		with chicken and beansprouts served with Mie noodles		with yoghurt sauce, served with dill potatoes and a small mixed salad	
	aw	140	aw, c, f, i, j, g, 3, 11	510	aw, i	490	aw, c, d, j, 2, 3, 11	630
Friday								
	Thick Onion Soup		Sausage goulash		Chickpea and vegetable curry		Asparagus wrapped in ham	
05.05.2023	with dill		with tomatos and peppers, served with spirelli pasta		(Carrot, leek, cauliflower, red pepper) with basmati rice		with sauce hollandaise and salad garnish	
	Served with spirelin pasta with basinati rice							
	aw, g	60	aw, j, 2, 3, 11	780	aw, i	490	aw, c, g, 2, 3, 11	490

llaman labalina

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)

ENJOY YOUR MEAL

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

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