

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)

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

vegan dísh

marking required additives

13) with quinine 14) with caffeine

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

Cafeteria at

the

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 €	
19.	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	
19.	ZZV	kcal	zzv	kcal	ZZV	kcal	ZZV	kcal
Monday 08.05.2023	Banana cream soup		1 stuffed yeast dumpling (plum puree) with vanilla sauce and poppy		Curried sausage with potato chips and salad garnish		Fried fillet of plaice wrapped crispy with potato-cucumber salad	
	g	120	aw, g, 11	410	j, 2, 4, 11	760	aw, c, d, 3, 11	610
Tuesday 09.05.2023	Thick fennel soup		Spring roll on Asian rice pan (with vegetable peppers, soy sauce and green peas)				Pappardelle with chicken in a paprika cream sauce	
	aw	110	aw, c, e, f, g, i	510	aw, c, g, 3	600	aw, g	640
Wednesday 10.05.2023	Red lentil soup with diced bacon		Vegetable Bolognese (Carrot, celery, tomato, onion) with spaghetti and grated cheese (Gouda)		Turkey gyros with tomato rice, tsatsiki and coleslaw		Pork cutlet with asparagus, sauce hollandaise and boiled potatoes	
	i, 2, 8	140	aw, g, i, 1, 11	695	aw, g, 11	510	aw, c, g, 3	720
Thursday 11.05.2023	Carrot and orange soup		Cabbage goulash (pork) with boiled potatoes		Cod Loose with dill sauce, salt potatoes and cucumber salad		celeriac cutlet on leek sauce with tomato rice	
	aw, g, 11	120	aw, 3	440	aw, d, g, i, 3, 11	590	aw, g, i	460
Friday 12.05.2023	Beef broth royale with root vegetables and egg stitch		Thick carrot stew with pork, served with wholegrain bread		American Chicken with rosemary potatoes and sweet corn		Cauliflower Piccatta with remoulade sauce and ciabatta bread served with salad garnish	
	c, g, i	70	aw, ar, i, 3	490	3, 11	620	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!								

ENJOY YOUR MEAL

Menu subject to alterations!