

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 GmbH

Remember to check out our alternative daily offers								
Week	Soup of the day 1,25 €		Once-course meal 4,40 €		<u>Main dish</u> 4,90 €		<u>Trend food</u> 5,50 €	
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 I		please choose from our daily offer of side dishes		please choose from our daily offer of side dishes	
Manday	ZZV	kcal	ZZV	kcal	ZZV	kcal	ZZV	kcal
Monday 05.05.2025	Cabbage soup with pork and cumin		Hungarian goulash with pork and sweet peppers, served with a slice of wholegrain bread		Noodles with chicken breast strips in curry hollandaise (with spring onions and red peppers)		Fillet of pollock with Mediterranean vegetables and fried potatoes	
	i	100	aw, ar, i	410	aw, c, g	590	aw, d, i, 3	610
Tuesday 06.05.2025	Tomato-fish broth with julienne root vegetables		2 boiled eggs sweet and sour with boiled potatoes and apple-carrot salad		Pudding with pickled cabbage and parsley potatoes		3 stuffed potato pasties (herbed cream cheese) with vegetarian chilli vegetables and herbed crème fraiche	
	d, i	80	aw, c, g, j, 3, 11	610	aw, 3, 11	854	aw, c, g	610
Wednesday 07.05.2025	Vegetable soup with dill		Chicken ragout with asparagus, meat balls and herbed rice		Brewmaster Steak with herb butter, potato puree and peas		Fried fillet of plaice wrapped crispy with potato-cucumber salad	
	aw, i, g	130	aw, c, g, i	630	aw, c, f, i, j, g, 3, 11	710	aw, c, d, 3, 11	610
Thursday 08.05.2025	Cream of potato soup 'vegetarian' with root vegetables		salmon Bolognese with mediterranean vegetables, macaroni and grated parmesan		Vegetable bulgur patties on crisp lettuce and spicy yogurt dip		Pork cutlet in batter with asparagus, sauce hollandaise and parsley potatoes	
	i, 3	120	aw, d, i, g, 1, 11	610	aw, c, i	410	aw, c, g, 3	710
Friday 09.05.2025	Asparagus soup with chives with chopped egg		2 pancakes with a ball of vanilla ice cream and strawberry sauce		Home-made Königsberg-style meatballs with caper sauce, boiled potatoes and beetrot salad		Stuffed courgette "Ratatouille" on herbs spaghetti with tomato cream sauce	
	aw, c, g	112	aw, c, g, 11	440	aw, c, g, 3, 11	560	aw, g	560
Please choose from our salad bar and the daily specials with dessert. Not IHP-members pay a surcharge of 1.00 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)

Menu subject to alterations!

ENJOY YOUR MEAL

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