

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

ih p

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 €		<u>Trend food</u> 5,00 €	
20.	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	Cold cucumber soup		Herb quark with linseed oil.		Chicken Nuggets		pork medallions	
15.05.2023	with yogurt and dill		boiled potatoes and cucumber salad		with baked potatoe wedges in a curry dip and small salad		with fresh mushroom, potato croquettes and salad	
	g	110	g, 3, 11	570	aw, c, g, 1, 2, 11	670	aw, g, 11	760
Tuesday 16.05.2023	Spicy bean soup with minced meat (pork)		Spaghetti Bolognese with grated cheese		Home-made Fish meatball with boiled potatoes, dill sauce and herbed carrots		Large farmer's breakfast with pickled herring pieces	
		140	aw, g, i, 1, 11	695	aw, c, g, 3	520	c, 3, 11	590
Wednesday 17.05.2023	Cream of potato soup 'vegetarian' with root vegetables		Chicken ragout with asparagus, meat balls and rice with peas		Vegetable bulgur patties on crisp lettuce and spicy yogurt dip		pork cutlet "Hamburger style" with fried egg, fried potatoes and salad garnish	
	i, 3	120	aw, c, g, i	630	aw, c, i	410	aw, c, 3	720
Thursday								

## **Christi Himmelfahrt**

Friday

18.05.2023

19.05.2023

Brückentag

Please choose from our salad bar and the daily specials with dessert.

Not IHP-members pay a surcharge of 0,50 Euro for lunch!

## Illergen labeling

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)

## 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