

Im Technologiepark 1 \* 15236 Frankfurt (Oder)

Tel. (0335) 40164121\* Fax 40164123

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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

Cafeteria at

LAP.

**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 €	
21.	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  ZZV kcal		please choose from our daily offer of side dishes  ZZV kcal	
Monday	ZZV	KCGI	LEV	Kai	224	KLGI	ZEV	Kai
22.05.2023	Asian Vegetable Soup with tofu		Cauliflower Cheese Medallion with quark dip, boiled potatoes and side salad		Bavarian meat loaf with fried egg, potato puree and herbed carrots		Fish bake 'Bordolaise' with dill potatoes and green salad	
	i	110	aw, c, g, i, j, 3	610	aw, c, f, i, j, g, 3, 11	720	aw, c, d, 3	410
Tuesday 23.05.2023	Italian Cheese Soup		Oderbruch-style stir-fry with meatballs (pork)		Alaskan Salmon Filet "meunière" with parsley sauce, creamy vegetables and boiled potatoes		Vegetable spaghetti with chicken breast in cream sauce with salad garnish	
	aw, g, 1	130	aw, c, g, i, 3	580	aw, d, g	620	aw, g	680
Wednesday 24.05.2023	Cold vegetable soup with croutons		Goulash 'Hungarian style' (pork) with macaroni chips		Stuffed peppers with spicy sauce and potatoe puree		Asparagus omelette with hollondaise sauce and parsley patatoes	
	aw, i	110	aw	610	aw, c, f, i, j, g, 3, 11	530	aw, c, g, 3	580
Thursday 25.05.2023	Minestrone 'Andrea Doria' (with tuna)		cucumber salad with sour cream served with buttered dill potatoes		Battered slice of Bologna-style sausage with tomato sauce and macaroni chips		Pizza "Gyros" with minced meat, peppers and feta cheese	
	d, i	80	g, 3, 11	420	aw, c, j, 2, 3, 8, 11	580	aw, g, 1, 11	610
Friday 26.05.2023	Thick leek soup		Creamed spinach with two fried eggs and boiled potatoes		Pork cutlet 'cordon bleu' with boiled potatoes and summer vegetables		Fried fillet of perch with courgettes and basmati rice	
	aw, g	105	aw, c, g, 3		aw, c, g, 1, 2, 3, 11	610	aw, d	590
Please choose from our salad bar and the daily specials with dessert.								

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

## 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

## allergen 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)