

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)

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

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

at

Cafeteria at

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 €	
22.	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								
29.05.2023	Das Team der Einfach Fair Catering GmbH							
	wünscht einen sonnigen Pfingstmontag!							
	***************************************							
Tuesday								
luesday	Thick mushroom soup with leeks		Sausage goulash with tomatos and peppers, served with spirelli pasta		Backfish fillet (pollack) with cucumber dill sour cream and mashed potatoes		Pork cutlet 'Strindberg'-style (in onion-mustard-egg batter) with potato puree and beans	
30.05.2023								
Wednesday	aw, g, 5	140	aw, j, 2, 3, 11	780	aw, c, d, 2, 3, 11	710	aw, c, f, i, j, g, 3, 11	730
,	Fish solyanka		Egg ragout with mixed summer vegetables and herbed potatoes		Pork cutlet 'Hungarian style' with potato puree		Stuffed giant mushrooms with cream cheese, gnocchi and rocket salad	
31.05.2023								
	d, i	80	aw, c, g, 3	350	aw, c, f, i, j, g, 1, 2, 3, 11	830	c, g	420
Thursday			Spicy lentil stew with snack-kabanossi and a slice of wholegrain bread		Chicken quarter with cream sauce, celeriac puree and peas		grilled salmon with cauliflower and carrots served with fries	
	Ginger broth with noodles and chicken							
01.06.2023								
	aw	120	aw, ar, i, j, 2, 3, 11	710	aw, c, f, i, j, g, 3, 11	690	aw, d	590
Friday	cream of with pepper-tomato		onful	Crispy Kassler-style pork roast served with pickled cabbage		Grilled chicken breast with green pepper sauce, noodles and rocket salad		
			rice-vegetable rosti with pepper-tomato sauce and salad garnish					
02.06.2023								
		and		a garnish	and boiled potatoes			
	aw	110	aw, c, i	420	aw, 2, 3, 11	540	aw, g	590

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!