

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

Cafeteria at 16p

vegan dish IHP GmbH

| Remember to check out our alternative daily offers |                                     |      |   |       |  |       |  |      |
|--|-------------------------------------|------|---|-------|--|-------|--|------|
| Week   | Soup of the day<br>1,25 €           |      | Once-course meal<br>4,40 €  |       | <u>Main dish</u><br>4,90 €   |       | <u>Trend food</u><br>5,50 €  |      |
| 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                            |      |
| 22.  | ZZV                                 | kcal | ZZV   | kcal  | ZZV  | kcal  | ZZV  | kcal |
| Monday<br>26.05.2025                               | Cream of<br>broccoli soup           |      | Scrambled eggs with herbs,<br>served with cauliflower in Dutch sauce<br>and mashed potatoes |       | Chinese stir-fry<br>with chicken<br>and beansprouts,<br>served with egg noodles    |       | Fried fillet of cod<br>with fried egg, potato chips and mixed salad          |      |
|  | aw, g                               | 130  | aw, c, f, i, j, g, 3, 11  | 510   | aw, c, i   | 510   | aw, c, d   | 710  |
| Tuesday<br>27.05.2025                              | Curry and rice soup<br>with chicken |      | cream of wheat<br>with fresh strawberries   |       | Curried sausage with potato chips and salad garnish                                |       | Pizza "spring time" with broccoli, cauliflower, cheese and hollandaise sauce |      |
|  | aw                                  | 145  | aw, g, 11   | 660   | j, 2, 4, 11  | 760   | aw, c, g, 1, 11  | 710  |
| Wednesday 28.05.2025                               | Cucumber soup<br>with fresh dill    |      | Fish curry<br>with julienne vegetables and dill potatoes                                    |       | Chicken wings<br>with capsicum sauce, potato wedges and<br>Balkan-style vegetables |       | Aubergine-courgette-roulade with feta cheese, tomato sauce and pasta         |      |
|  | g                                   | 80   | aw, d, g, 3   | 529   | aw, c, f, i, j, g, 3, 11   | 510   | aw, g, 1, 11   | 610  |
| Thursday 29.05.2025                                |                                     |      | hrist   | i Hin | nmel   | fahrt |  |      |

# **Brückentag**

Please choose from our salad bar and the daily specials with dessert. Not IHP-members pay a surcharge of 1,00 Euro for lunch!

#### allergen labelin

Friday

30.05.2025

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) mollucs (-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