			Lunch monu					pasta dísh		
Im Technologiepark 1 * 15236 Frankfurt (Oder) Tel. (0335) 40164121* Fax 40164123 Info@einfachfaircatering.de			Lunch menu					víthout meat	Cafeteria at	
			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					IHP GmbH		
							vegan dísh IHP GMDH			
			R	emember to check out our alter	native daily offers					
Week	<u>Soup of the day</u> 1,25 €		<u>Once-course meal</u> 4,40 €		<u>Main dish</u> 4,90 €		<u>Trend food</u> 5,50 €			
	from the soup pot 0,2 l		inclusive of 1 small dessert of the day <u>or</u> 1 small soup of the day 0,1 l		4,30 C please choose from our daily offer of side dishes		please choose from our daily offer of side dishes			
23.	zzv	kcal	ZZV	kcal	zzv	kcal		zzv	kcal	
Monday 02.06.2025	Rice with chicken and root vegetables		Herb quark with linseed oil, boiled potatoes and cucumber salad		Curried bratwurst with chilli sauce, potato wedges and salad garnish		Herb crepes (smokes salmon, leaf spinach) with gorgonzola sauce and salad			
	i	80	g, 3, 11	570	aw, j, 1, 2, 4, 11	690		aw, c, g, 1, 11	520	
Tuesday 03.06.2025	Chili sin carne vegetarian		Rice pudding with apple puree, sugar and cinnamon		Kassler-style pork roast with gravy, pickled cabbage and parsley potatoes		Feta cheese in batter with ratatouille and spinach risotto			
	aw, i	115	g, 11	903	aw, 2, 3, 11	540		aw, g, 1, 11	510	
Wednesday 04.06.2025	Fish solyanka		Braised cabbage with meatballs and boiled potatoes		colorful vegetable Lasagna topped with two kinds of cheese aw, g. j. 1, 11 540		Fillet of pollock au gratin with leaf spinach and sauce hollandaise, served with tomato rice			
Thursday	G, I		uw, c, 5	520	dw, g, i, 1, 11	540		aw, c, u		
05.06.2025	Cream of leek soup		Egg ragout with mixed summer vegetables and herbed potatoes		Home-made burger with gravy, potatoes and mixed vegetables		Asparagus in red coconut curry sauce with filleted chicken breast and rice noodles			
	aw, g	105	aw, c, g, 3	350	aw, c, j, 3	610		aw, g	520	
Friday 06.06.2025	Asparagus soup with chives		Sautéed slices of pork 'Zurich style' served with spaetzle egg noodles		Saithe Crispy to roasters and remoulade			Asia-omelette with lemon spinach (spinach with garlic and red lentils)		
	aw, g	112		510 ose from our salad bar and the HP-members pay a surcharge o		710		aw, g	410	
d) fish (-products) e) pe	gluten (wheat) ar) cereals containing gluten (rve) b) crustac anuts (-products) f) Soy (-products) g) milk (- products, inclu Austard (-products) k) Sesame (-products) I) Sulphur dioxide) molluscs (-products)	uding lactose) h) nuts		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		