

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 dish

without meat

vegan dish

Cafeteria
at



IHP GmbH

Remember to check out our alternative daily offers

| Week | <u>Soup of the day</u> 1,10 € from the soup pot 0,2 l | <u>Once-course meal</u> 4,00 € inclusive of 1 small dessert of the day or 1 small soup of the day 0,1 l | <u>Main dish</u> 4,50 € please choose from our daily offer of side dishes | <u>Trend food</u> 5,00 € please choose from our daily offer of side dishes |
|--------------------------------|---|---|--|---|
| 45. | ZZV kcal | ZZV kcal | ZZV kcal | ZZV kcal |
| Monday 06.11.2023 | Apple Celery Soup aw, g 90 | Spicy lentil stew with Frankfurter sausages and a slice of wholegrain bread aw, ar, 1, 2, 3, 4, 11 710 | Chicken Nuggets with baked potatoe wedges in a curry dip and small salad aw, c, g, 1, 2, 11 670 | Fillet of sea fish in sesame batter with olives, courgettes, peppers and pasta aw, d, k 620 |
| Tuesday 07.11.2023 | Asian-style noodle soup with Mie noodles aw, i 110 | Shashlik stir-fry (pork, sausage, sweet peppers, cucumber) with macaroni chips aw, i, j, 2, 3, 11 690 | Salad platter "Oderbruch style" with fried potatoes and fried egg c, 3, 11 690 | Marinated turkey steaks au gratin with peach and sauce choron, served with broccoli and small hash browns aw, c, g 790 |
| Wednesday 08.11.2023 | Goulash Pumpkin Soup (pork) aw, i 110 | Fish pot "Nice" (Cod, long grain rice, sweet peppers, fennel, tomato and garlic) aw, d 430 | Battered slice of Bologna-style sausage with tomato sauce and macaroni chips aw, c, j, 2, 3, 11 580 | Asia-omelette with lemon spinach (spinach with garlic and red lentils) aw, g 410 |
| Thursday 09.11.2023 | Kohlrabi soup aw, g 120 | Braised cabbage with meatballs and boiled potatoes aw, c, 3 520 | American Chicken with rosemary potatoes and sweet corn 3, 11 620 | flatbread with grilled Halumi (Greek Grill cheese from cow's milk), yogurt-mint sauce and salad garnish aw, g 490 |
| Friday 10.11.2023 | Brussels sprout soup with cumin aw, g 120 | Stuffed yeast dumpling with vanilla sauce and poppy aw, g, 11 410 | Pudding with pickled cabbage and parsley potatoes aw, 3, 11 854 | Penne pasta with grilled tomatoes and strips of chicken breast served with cream sauce aw, g 730 |

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

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) molluscs (-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