

Im Technologiepark 1 * 15236 Frankfurt (Oder)

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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

the

IHP GmbH

Editor 11.00 art to 1.50 pm								
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 €		<u>Trend food</u> 5,00 €	
02.	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 08.01.2024	Fish solyanka		2 vegetable crispy bagels with chive quark and rosemary potatoes		Chicken Nuggets with baked potatoe wedges in a curry dip and small salad		Feta cheese in batter with ratatouille and spinach risotto	
	d, i	80	aw, c, g, i, 3	590	aw, c, g, 1, 2, 11	670	aw, g, 1, 11	510
Tuesday 09.01.2024	Peas buttermilk soup		Noodle hotpot with mixed seasonal vegetables and chicken served with a slice of wholegrain bread		Home-made Königsberg-style meatballs with caper sauce, boiled potatoes and beetrot salad		Fillet of sea fish with vegetable topping and boiled potatoes	
	g	130	aw, ar, i	390	aw, c, g, 3, 11	560	aw, d, i, 3	490
Wednesday 10.01.2024	Creamed chicken soup		Home-made pancakes with sugar and apple puree		Pork cutlet in batter with gravy, boiled potatoes and cauliflower		Vegan noodle and courgette pan with roasted pine nuts	
	aw, i, g	120	aw, g	900	aw, c, g, 3	600	aw	420
Thursday 11.01.2024	Tomato soup with fresh herbs		Country-style stir-fry with sausage slices, peppers, onions, pickles, sweetcorn and potato wedges		Alaskan Salmon Filet with dill sauce, boiled potatoes and cucumber salad		Pork cutlet 'Karlsbad-style' (au gratin with ham and cheese), served with gnocchi and buttered peas	
	aw, i	110	aw, i, j, 2, 3, 11	430	aw, d, g, i, 3, 11	590	aw, c, g, 1, 2, 3, 11	690
Friday 12.01.2024	Ginger broth with noodles and chicken		Creamed spinach with two fried eggs and boiled potatoes		Lasagne Bolognese au gratin with cheese sauce		Stuffed beef à la maison with savoury sauce, boiled potatoes and red cabbage	
	aw	120	aw, c, g, 3	580	aw, g, i, 1, 11	540	aw, 2, 3, 11	630
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) molluses (-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