

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

Lunch 11.00 am to 1.30 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 €	
07.	from the soup pot 0,2 zzv kcal		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	
Monday	ZZV	kcal	ZZV	kcal	ZZV	kcal	ZZV	kcal
12.02.2024	Curry soup with coconut flakes		Herb quark with linseed oil, boiled potatoes and cucumber salad		Chicken 'cordon bleu' with carrots and potatoes		Fillet of plaice 'Finkenwerder-style' (strips of ham and onions) served with fried potatoes and salad garnish	
	aw, g	125	g, 3, 11	570	aw, c, g, 1, 2, 3, 11	570	aw, d, 2, 3, 11	710
Tuesday 13.02.2024	Goulash soup (pork) with paprika		Stuffed yeast dumpling with vanilla sauce and poppy		spring roll on mie noodles and chinese-style vegetables		Pork cutlet 'Hungarian style' with potato chips and peas	
	aw, i	130	aw, g, 11	410	aw, c, e, f, g, i	560	aw, j, 1, 2, 3, 11	720
Wednesday 14.02.2024	Kohlrabi soup		Savoy cabbage stew with smoked meat, served with a slice of bread		Alaskan Salmon Filet with dill sauce, boiled potatoes and cucumber salad		Fried chicken pieces with mushrooms, cherry tomatoes and tagliatelle	
	aw, g	120	aw, i, 2, 3, 11	410	aw, d, g, i, 3, 11	590	aw, 5	670
Thursday 15.02.2024	Tomato soup with wild rice and mushrooms		Creamed spinach with two fried eggs and boiled potatoes		Home-made Fish meatball with boiled potatoes, dill sauce and herbed carrots		Italian cutlet stuffed with prosciutto and gorgonzola on tagliatelle with tomatoes	
	aw, 5	120	aw, c, g, 3	580	aw, c, g, 3	520	aw, g, 1, 2, 3, 11	660
Friday 16.02.2024	Thick cream of courgette soup		Pepper goulash 'Hungarian style' (pork) with spirelli pasta		Cauliflower-broccoli casserole with mozzarella		fish and vegetable spear with fried potatoes, tartar sauce and pepper-bean salad	
	aw, g	120	aw	610	g, 1, 11	410	aw, c, d, i, j, 3, 11	690
Please choose from our salad bar and the daily specials with dessert. Not IHP-members pay a surcharge of 0,50 Euro for lunch!								
Allows labelles								

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