

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

vegan dísh

Cafeteria at the part of the pa

IHP GmbH

Remember to check out our alternative daily offers									
Week	Soup of the day		Once-course meal		Main dish		Trend food		
*******	1,10 €		4,00 €		4,50 €		5,00 €		
09.	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									
26.02.2024	Beef broth		2 vegetable crispy bagels		Battered slice of Bologna-style sausage with		grilled salmon		
20.02.2024	with root vegetables		with chive quark and rosemary potatoes		tomato sauce and spirelli pasta		with cauliflower and carrots served with fries		
	i	70	aw, c, g, i, 3	590	aw, c, j, 2, 3, 11	580	aw, d	590	
Tuesday									
27.02.2024	Asian-style noodle soup		Braised cabbage		Chicken wings with capsicum sauce, potato wedges and Balkan-		Omelette		
27.02.2024	with Mie noodles		with meatballs and boiled potatoes		style vegetables		with fresh mushrooms and small salad		
	aw, i	110	aw, c, 3	520	aw, 1	690	c, g	510	
Wednesday									
28.02.2024	Solyanka with sour cream		Home-made pancakes with sugar and applesauce or sweet vanilla quark		Home-made meat loaf with mixed vegetables and boiled potatoes		Chicken Burger with potato wedges		
28.02.2024									
	aw, g, i, 2, 3, 4, 8	260	aw, g	900	aw, c, 3	730	aw, g, 1	620	
Thursday									
29.02.2024	Cream of		Spicy lentil stew with snack-kabanossi and a slice of wholegrain		Salad platter		Chicken breast au gratin with pineapple, baked under cheese		
29.02.2024	cauliflower soup		bread		with fried potatoes and fried egg		and served with fragrant rice and broccoli		
	aw, g	130	aw, ar, i, j, 2, 3, 11	710	c, 3, 11	690	aw, g, 1, 11	670	
Friday									
01.03.2024	Carrot and orange soup		Chicken ragout		Cod Loose		Stuffed potato pasties (herbed cream cheese)		
01.03.2024	Carrot and orange soup		with mixed seasonal vegetables and risotto		with dill sauce, salt potatoes and cucumber salad		with chive quark and salad garnish		
	aw, g, 11	120	aw, g, i	630	aw, d, g, i, 3, 11	590	aw, c, g	610	
Please choose from our salad bar and the daily specials with dessert. Not IHP-members pay a surcharge of 0,50 Euro for lunch!									
Not it it "members pay a surcharge or 0,30 Euro for function									

allaman labalina

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