

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 1,10 €		Once-course meal 4,00 €		<u>Main dish</u> 4,50 €		<u>Trend food</u> 5,00 €	
13.	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	
.5.	ZZV	kcal	ZZV	kcal	ZZV	kcal	ZZV	kcal
Monday	Cream of pepper soup		Cauliflower Cheese Medallion		Curried sausage		Fillet of pollock 'Milanese'	
25.03.2024	with herbed cream		with quark dip, boiled potatoes and side salad		with potato chips and salad garnish		(au gratin with tomato and cheese), served with boiled potatoes and green salad	
	aw, g	110	aw, c, g, i, j, 3	610	j, 2, 4, 11	760	aw, d, g, 1, 3, 11	665
Tuesday	w		Stuffed yeast dumpling		Home-made stuffed cabbage		Back-cream cheese	
26.03.2024	Kohlrabi soup		with vanilla sauce and poppy		with braised cabbage sauce and potatoes		on vegetable spaghetti with tomato-basil sauce	
	aw, g	120	aw, g, 11	410	aw, c, 3	529	aw, g, 1, 11	520
Wednesday 27.03.2024	Italian Cheese Soup		2 boiled eggs with mustard sauce, boiled potatoes and beetroot salad		Breaded chicken breast with cream sauce, boiled potatoes and red cabbage with apple		Alaska pollock fillet "Strindberg Style" (with onion-mustard-egg coating) with dill sauce, boiled potatoes and salad garnish	
	aw, g, 1	130	aw, c, g, j, 3, 11	610	aw, c, g, 3, 11	630	aw, c, d, g, i, j, 3, 11	640
Thursday 28.03.2024	Cream of spinach soup royale		Sausage goulash with tomatos and peppers, served with spirelli pasta		Arugula sweet potato slices risotto with peas and salad garnish		crispy salad plate (Lamb's lettuce, picking salad, radicchio, cherry tomatoes, spring onions, cucumber) Vinaigrette and warm chicken breast strips	
	С	120	aw, j, 2, 3, 11	780	с, 3	590	aw	420
Friday							and the second	

Please choose from our salad bar and the daily specials with dessert.

Not IHP-members pay a surcharge of 0,50 Euro for lunch!

ENJOY YOUR MEAL

Das Team der Einfach Fair Catering GmbH

wünscht ein schönes Osterfest!

Menu subject to alterations!

marking required additives

with coloring 2) with preservative 3) with antioxidant 4) with flavor enhancer
 s) 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

llanaan lahalina

29.03.2024

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)