

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

ihp

IHP GmbH

Remember to check out our alternative daily offers								
Week	Soup of the day 1,25 €		Once-course meal 4,40 €		<u>Main dish</u> 4,90 €		<u>Trend food</u> 5,50 €	
16.	from the soup pot 0,2		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	
Monday	LLV	N.GI	ZZZV	Kai	224	Kai	ZEV	KCGI
15.04.2024	Cream of broccoli soup		Crunchy Fish Sticks with herb sauce, potatoe and fresh salad		Chicken breast with pineapple-chilli sauce and basmati rice		Pizza "spring time" with broccoli, cauliflower, cheese and hollandaise sauce	
	aw, g	130	aw, c, d, g, 3	529	aw	420	aw, c, g, 1, 11	710
Tuesday 16.04.2024	Cold cucumber soup with crispy bacon cubes		Vanilla semolina pudding with fresh strawberries		"Döner Plate" (Pork Gyros style) with tzatziki, tomato rice and herb salad		Roasted cod fillet Vegetables in sauce and tagliatelle	
	g, 2, 3, 11	90	aw, g, 11	800	aw, g, 11	640	aw, d, g, 1, 11	710
Wednesday 17.04.2024	Cream of salmon soup with fresh dill		Bami Goreng (Indonesian noodle dish with poultry)		Home-made Fish meatball with boiled potatoes, dill sauce and herbed carrots		Crespelle (Extra thin pancake) with green asparagus, tomato and mozzarella cream and small salad garnish	
	aw, d, g	90	aw, i	610	aw, c, g, 3	520	aw, c, g, 3	530
Thursday 18.04.2024	Cream of asparagus soup		Sautéed slices of pork 'Zurich style' served with herbed rice		Small salad platter with hash browns and fried egg		Marinated turkey steaks au gratin with peach and sauce choron, served with broccoli and small hash browns	
	aw, g	112	aw, 5	510	c, 3, 11	690	aw, c, g	790
Friday 19.04.2024	Beef broth with shell pasta and root vegetables		Spaghetti Bolognese with grated cheese		Potato asparagus gratin cooking with sauce hollandaise and cheese		baked potato with smoked salmon and sour cream to a mixed salad	
	aw, i	110	aw, g, i, 1, 11	695	c, g, 1, 3, 11	580	d, g	380

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

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

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