

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 11.00 am to 1.30 pm

Remember to check out our alternative daily offers

pasta dísh

without meat

vegan dísh

at

Cafeteria

IHP GmbH

	Notification to disease out of a facility of the							
Week	Soup of the day 1,25 €		Once-course meal 4,40 €		<u>Main dish</u> 4,90 €		<u>Trend food</u> 5,50 €	
	from the soup pot 0,2 l		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	
16.	ZZV kcal		zzv	kcal	zzv	kcal	zzv	kcal
Monday								
	Italian sidh woup with vegetable julienne		Green tagliatelle with Gorgonzola Sauce and roasted pine nuts		American Chicken with rosemary potatoes and sweet corn		Fried filet of tilapia with peppers and onions, served with herbed rice	
14.04.2025								
	d, i	90	aw, g, 1	530	3, 11	620	aw, d	410
Tuesday 15.04.2025	Cream of asparagus soup		Braised cabbage with meatballs and potato puree		vegan Vegetable Tofu Casserole		Baked potato with herbed sour cream, garden salad and chicken breast	
	aw, c, g	115	aw, c, f, i, j, g, 3, 11	520	aw	490	aw, g	490
Wednesday 16.04.2025	Ginger broth with noodles and chicken		Rice pudding with morello cherries and sugar		Backfish fillet (pollack) with cucumber dill sour cream and mashed potatoes		Pork cutlet 'Strindberg'-style (onion-mustard-egg batter) with potato croquettes and Balkan-style vegetables	
	aw	120	g, 11	900	aw, c, d, 2, 3, 11	710	aw, c, j, 11	730
Thursday 17.04.2025	Parsnip cream soup		Scrambled eggs with herbs, served with vegetable sauce and mashed potatoes		Greek-style' minced beef steak (filled with feta cheese and olives) served with potato puree and beans		Back-cream cheese on vegetable spaghetti with tomato-basil sauce	
	aw, g, 11	120	aw, c, g, i,3	510	aw, c, f, i, j, g, 1, 3, 11	730	aw, g, 1, 11	520
Friday								

Please choose from our salad bar and the daily specials with dessert. Not IHP-members pay a surcharge of 1,00 Euro for lunch!

Menu subject to alterations!

ENJOY YOUR MEAL

Das Team der Einfach Fair Catering GmbH

wünscht ein schönes Osterfest!

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

18.04.2025

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) I) Sulphur dioxide and sulphites> 10 mg / kg / I m) lupine (-products) n) molluscs (-products)