

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 11.00 am to 1.30 pm pasta dísh

without meat

vegan dísh

Cafeteria at

IHP GmbH

Remember to check out our alternative daily offers									
Week	Soup of the day 1,25 €		Once-course meal		Main dish		Trend food		
week			4,40 €		4,90 €		5,50 €		
17.	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									
	French onion soup		Szeged pork goulash		Cod Loose		Asparagus wrapped in ham		
22.04.2024	with chives		(pickled cabbage)		with dill sauce, salt potatoes and cucumber salad		with sauce hollandaise and salad garnish		
			with dumplings or boiled potatoes		, ,		3		
						ı		I	
Tuesday	g	90	aw, 3	610	aw, d, g, i, 3, 11	590	aw, c, g, 2, 3, 11	490	
luesday			Spring roll on Asian rice pan		Battered slice of Bologna-style sausage with tomato sauce and spirelli pasta		Fried fillet of plaice wrapped crispy with potato-cucumber salad		
23.04.2024	Red lentil soup								
	with diced bacon		(with vegetable peppers, soy sauce and green peas)						
	i, 2, 8	140	aw, c, e, f, g, i	510	aw, c, j, 2, 3, 11	580	aw, c, d, 3, 11	610	
Wednesday									
	broth royale		Sweetcorn-leek fritters		American Chicken		Pork cutlet		
24.04.2024	(poultry) with root vegetables and egg stitch		with sour cream and a small salad		with rosemary potatoes and sweet corn		with asparagus, sauce hollandaise and boiled potatoes		
					 		sauce nonandaise and bolled potatoes		
	c, g, i	70	aw, c, g	632	3, 11	620	aw, c, g, 3	720	
Thursday	961		311, 0, 5		3,11		011, 0, 5, 3	1	
	Carrot and orange soup		Kaiserschmarrn (pancake strips) with raisins,		Small pork cutlet with gravy, potatoes and mixed vegetables		Cauliflower Piccatta with remoulade sauce and ciabatta bread served with salad garnish		
25.04.2024									
			apple compote and icing sugar						
	aw, g, 11	120	aw, c, g, 11	690	aw, c, g, 3	670	aw, c, g, j, 2, 11	450	
Friday									
26.04.2024	Rice		Thick carrot stew		Salad platter "Oderbruch style"		Pappardelle		
26.04.2024	with chicken and root vegetables		with pork, served with wholegrain bread		with fried potatoes and fried egg		with chicken in a paprika cream sauce		
	i	80	aw, ar, i, 3	490	c, 3, 11	690	aw, g	640	
			Please cho	ose from our salad bar and the o	daily specials with dessert.				

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

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