

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 Lunch

NATIONAL STATE

mozzarella baked

510

Remember to check out our alternative daily offers

pasta dísh

vegan dísh

without meat

Cafeteria at



IHP GmbH

Week	Soup of the day 1,25 €		Once-course meal 4,40 €		<u>Main dish</u> 4,90 €		<u>Trend food</u> 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 of		please choose from our daily of	
17.	ZZV	kcal	zzv	kcal	ZZV	kcal	ZZV	kcal
Monday 21.04.2025			Das Team der Einfach Fair Catering GmbH wünscht einen sonnigen Ostermontag!					3
Tuesday	Cauliflower-Cream Soup		Herb quark with linseed oil, boiled potatoes and cucumber salad		Chicken 'cordon bleu' with carrots and potatoes		Spaghetti in lemon cream with prawns and peppers	
22.04.2025								
	aw, g	130	g, 3, 11	570	aw, c, g, 1, 2, 3, 11	570	aw, b, g	630
Wednesday 23.04.2025	French onion soup with chives		Nasi Goreng (Indonesian rice dish with chicken)		Battered slice of Bologna-style sausage with tomato sauce and spirelli pasta		flatbread with grilled Halumi (Greek Grill cheese from cow's milk), yogurt-mint sauce and salad garnish	
	g	90	aw, i	510	aw, c, j, 2, 3, 11	580	aw, g	490
Thursday 24.04.2025	Cheese soup with leeks and minced meat (pork)		3 yeast dumplings with blueberry sauce		Kassler-style pork roast with pickled cabbage and boiled potatoes		Large farmer's breakfast with pickled herring pieces	
	g, i, 1	130	aw, g, 11	820	aw, 2, 3, 11	540	c,3, 11	590
Friday 25.04.2025	Carrot and orange soup		Italian stir-fried pasta with meatballs (courgettes, mushrooms, tomatoes		Gnocchi casserole with leaf spinach and cherry tomatoes with		Pork cutlet au gratin (tomato and mozzarella) with potato puree	

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

Not IHP-members pay a surcharge of 1,00 Euro for lunch!

and sweetcorn)

aw, c, g

and generated any 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)

aw, g, 11

120

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

aw, c, f, i, j, g, 1, 3, 11

with potato puree

and salad garnish

730

13) with quinine 14) with caffeine