

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

a Up

IHP GmbH

Editor 11.00 and 01.50 pm								
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 €	
23.	from the soup pot 0,2 l		inclusive of 1 small dessert of the day or 1 small soup of the day 0,1 I		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 03.06.2024	Curried mango soup		Creamed spinach with two fried eggs and boiled potatoes		Sliced chicken "Tobago Style" with mango, peppers, apples and leeks on basmati rice		Fillet of plaice 'Provencial' (tomato, black olives, onions and garlic) served with fried potatoes and salad garnish	
	0	90	aw, c, g, 3	580	aw	490	aw, d, 3	710
Tuesday 04.06.2024	Rice with chicken and root vegetables		Spaghetti Bolognese with grated cheese		Potato-broccoli and cheese gratin		Pork medallions 'half-and-half' with mushrooms, tomato-capsicum sauce, potato croquettes and peas	
	i	80	aw, g, i, 1, 11	695	g, 1, 3, 11	442	aw, g, 5, 11	680
Wednesday 05.06.2024	Thick Onion Soup with dill		1 stuffed yeast dumpling (plum puree) with vanilla sauce and poppy		Kassler-style fried pork steak with fried egg and potato puree		fish and vegetable spear with fried potatoes, tartar sauce and pepper-bean salad	
	aw, g	60	aw, g, 11	410	aw, c, f, i, j, g, 2, 3, 11	740	aw, c, d, i, j, 3, 11	690
Thursday 06.06.2024	Hungarian goulash soup (pork) with fresh peppers		Colorful spring pan (rice, chicken breast and vegetables) to yoghurt sauce		Stuffed peppers with spicy sauce and potatoe puree		Large farmer's breakfast with pickles	
	aw, i	130	aw, g, i	410	aw, c, f, i, j, g, 3, 11	530	c, 3, 11	590
Friday 07.06.2024	Wild mushroom soup with gnocchi		Hungarian goulash (pork) with macaroni chips		Oatmeal patties (oatmeal, wholemeal spelt, leek, feta, egg) on carrot mash (with cinnamon) with gremolata		Crispy grilled pork knuckle with beer sauce, boiled potatoes and pickled cabbage	
	aw, c	190	aw, i	410	aw, ar, c, g	568	aw, 3, 11	630
			Please cho	ose from our salad bar and the	daily specials with descert			

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

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

allergen labeling

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)