

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 pasta dísh

without meat

vegan dísh

at

Cafeteria

IHP GmbH

Remember to check out our alternative daily offers								
Week	Soup of the day 1,10 €		Once-course meal 4,00 €		<u>Main dish</u> 4,50 €		Trend food 5,00 €	
24.	from the soup pot 0,2 I		inclusive of 1 small dessert of the day or 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 12.06.2023	Curried mango soup		Green tagliatelle with Gorgonzola Sauce and roasted pine nuts		Grilled sausage with French fries and fresh salad		Bismarck herring on lentil salad with parsley potatoes and yoghurt dip	
	0	90	aw, g, 1	530	j, 4, 11	760	aw, c, d, g, j, 2, 11	630
Tuesday 13.06.2023	Tomato-fish broth with julienne root vegetables		Country-style stir-fry with sausage slices, peppers, onions, pickles, sweetcorn and potato wedges		Marinated turkey steak with onions, peppers and potato chips		Baked camembert cheese with peach and cranberry and salad bouquet	
	d, i	80	aw, i, j, 2, 3, 11	430	aw	638	aw, c	340
Wednesday 14.06.2023	Potato-leek soup		2 pancakes with a ball of vanilla ice cream and fresh strawberries		Home-made burger with potato salad and coleslaw		Fillet of sea fish with tomato sugo, served with tagliatelle	
	i, 3	110	aw, c, g, 11	440	aw, c, j, 2, 3, 11	680	aw, d	665
Thursday 15.06.2023	Broth (beef) with julienne vegetables		2 boiled eggs sweet and sour with boiled potatoes and apple-carrot salad		"Coq au vin" (fried breaded chicken legs in red wine sauce) with pearl onions, mushrooms and herbed potato puree		skewers Cabanossi with hot sauce, potato chips and buttered peas	
	aw, i	115	aw, c, g, j, 3, 11	610	aw, c, f, i, j, g, 3, 5, 11	690	aw, i, j, 2, 3, 11	670
Friday 16.06.2023	Cream of asparagus soup		Solyanka 'Ukrainian style' with sour cream, served with a slice of bread		Potato-broccoli gratin with cheese sauce		Pork cutlet au gratin with spicy minced meat and cheese, served with potato chips and salad garnish	
	aw, g	112	aw, ar, g, j, 1, 2, 3, 4, 11	520	g, 1, 3, 11	442	aw, g, 1, 11	690
Thursday 15.06.2023 Friday	i, 3 Br (beef) with juli aw, i Crea asparag	oth enne vegetables 115 am of gus soup	aw, c, g, 11 2 boild sweet a with boiled potatoes aw, c, g, j, 3, 11 Solyanka 'Ul with sou served with a	ed eggs nd sour and apple-carrot salad 610 crainian style' ar cream, slice of bread	with potato salaw, c, j, 2, 3, 11 "Coq (fried breaded chicken lepearl onions, mushroom. aw, c, f, i, j, g, 3, 5, 11 Potato-browith che	au vin" egs in red wine sauce) with s and herbed potato puree 690 Deccoli gratin eese sauce	skewers with hot sauce, potato aw, i, j, 2, 3, 11 Pork cutle with spicy minced mean	cerved with tagliatelle 665 Cabanossi chips and buttered pe 670 et au gratin t and cheese, served w nd salad garnish

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

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)