

Im Technologiepark 1 * 15236 Frankfurt (Oder) Tel. (0335) 40164121* Fax 40164123

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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

the

IHP GmbH

Lunch 11.00 am to 1.30 pm								
Remember to check out our alternative daily offers								
Week	eek Soup of the day		Once-course meal		<u>Main dish</u>		Trend food	
	1,25 €		4,40 €		4,90 €		5,50 €	
24.	from the soup pot 0,2 I			day <u>or</u> 1 small soup of the day 0,1 l	please choose from our da		please choose from our da	
	ZZV	kcal	ZZV	kcal	ZZV	kcal	ZZV	kcal
Monday 10.06.2024	Thick Onion Soup with dill		Herb quark with linseed oil, boiled potatoes and cucumber salad		Grilled chicken thighs buttered peas, paprika and chips		Fillet of perch with tomatoes and leeks, served with crème fraiche, potato puree and salad garnish	
	aw, g	60	g, 3, 11	570	aw, g, 11	740	aw, c, d, f, i, j, g, 3, 11	590
Tuesday 11.06.2024	Cream of potato soup		Sausage goulash with tomatos and peppers, served with spirelli pasta		Salad platter "Oderbruch style" with fried potatoes and fried egg		Homemade pizza asparagus with ham and hollandaise sauce	
	i, 3	120	aw, j, 2, 3, 11	780	c, 3, 11	690	aw, c, g, 1, 2, 3, 11	580
Wednesday 12.06.2024	Minced meat and cheese soup (pork) with leeks		Vanilla semolina pudding with rhubarb compote		Small pork cutlet with gravy, potatoes and mixed vegetables		Crespelle (Extra thin pancake) with green asparagus, tomato and mozzarella cream and small salad garnish	
	aw, i, g, 1	130	aw, g, 11	640	aw, c, g, 3	670	aw, c, g, 3	530
Thursday 13.06.2024	Cream of spinach soup royale		Fish pot "Nice" (Cod, long grain rice, sweet peppers, fennel, tomato and garlic)		Home-made stuffed cabbage with braised cabbage sauce and potatoes		Stuffed potato pasties (with tomato -Mozzarella) with chive quark and salad garnish	
	С	120	aw, d	430	aw, c, 3	529	aw, c, g	610
Friday 14.06.2024	Broth (beef) with julienne vegetables		2 boiled eggs with mustard sauce, boiled potatoes and beetroot salad		Alaskan Salmon Filet "meunière" with parsley sauce, creamy vegetables and boiled potatoes		Caesar Salad with chicken breast strips with mushrooms, herbs and parmesan cheese	
	aw, i	115	aw, c, g, j, 3, 11	610	aw, d,g	620	aw, g, 1, 5, 11	390
Please choose from our salad bar and the daily specials with dessert. Not IHP-members pay a surcharge of 1,00 Euro for lunch!								

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)

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