

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

at

Cafeteria

IHP GmbH

Remember to check out our alternative daily offers								
Week	k Soup of the day		Once-course meal		<u>Main dish</u>		Trend food	
	1,10 €		4,00 €		4,50 €		5,00 €	
25.	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 19.06.2023	Tomato-basil soup 'vegetarian'		Sweetcorn-leek fritters with sour cream and a small salad		Noodles with chicken breast strips in curry hollandaise (with spring onions and red peppers)		Shashlik skewer with spicy sauce, potato croquettes and salad garnish	
	aw, i	127	aw, c, g	632	aw, c, g	590	aw, 2, 3, 11	710
Tuesday	. ,		. 7.70		7,70			
20.06.2023	Asparagus soup with chives with chopped egg		salmon Bolognese with mediterranean vegetables, macaroni and grated parmesan		Home-made Königsberg-style meatballs with caper sauce, boiled potatoes and beetrot salad		Omelette with fresh mushrooms and small salad	
	aw, c, g	112	aw, d, i, g, 1, 11	610	aw, c, g, 3, 11	560	c, g	510
Wednesday 21.06.2023	Beef broth with gnocchi		Stuffed yeast dumpling with vanilla sauce and poppy		Gyros cutlet (pork) cabbage salad with tzatziki on olives and potatoes		Stuffed courgette "Ratatouille" on herbs spaghetti with tomato cream sauce	
	aw, c, i	120	aw, g, 11	410	aw, c, g, 3, 11	610	aw, g	560
Thursday 22.06.2023	Cheese soup with leeks and minced meat (pork)		Pepper goulash 'Hungarian style' (pork) with spirelli pasta		Potato asparagus gratin cooking with sauce hollandaise and cheese		Fillet of fish 'Orly'-style with tomato sauce, gnocchi and green salad	
	g, i, 1	130	aw	610	c, g, 1, 3, 11	580	aw, d, g, 1, 11	480
Friday 23.06.2023	Carrot and orange soup		Chili con carne (Mexican bean dish) served with Turkish bread		Chicken quarter with tomato-capsicum sauce, potato chips and salad garnish		flatbread with grilled Halumi (Greek Grill cheese from cow's milk), yogurt-mint sauce and salad garnish	
	aw, g, 11	120	aw	630	aw	690	aw, g	490
Please choose from our salad bar and the 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