

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

Remember to check out our alternative daily offers									
Week	Soup of the day		Once-course meal		<u>Main dish</u>		Trend food		
	1,25 €		4,40 €		4,90 €		5,50 €		
26.	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									
24.06.2024	Wild garlic soup		Bami Goreng (Indonesian noodle dish with poultry)		Curried sausage with potato chips and salad garnish		Egg omelette with asparagus and sauce hollandaise		
	aw, g	120	aw, i	610	j, 2, 4, 11	760	aw, c, g	520	
Tuesday	Asian-style noodle soup with Mie noodles		Oderbruch-style stir-fry with meatballs (pork)		Asia noodle gratin mie noodles, spring onions, mushrooms, red peppers, garlic and coconut milk		Chicken steak Mexico with Mediterranean vegetables (avocado, peppers, garlic, lime juice and cilantro) served with rice		
25.06.2024									
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	aw, i	110	aw, c, g, i, 3	580	aw, c, g	580	aw	590	
Wednesday 26.06.2024	Brussels sprout soup with cumin		Sweetcorn-leek fritters with sour cream and a small salad		Battered slice of Bologna-style sausage with tomato sauce and macaroni chips		grilled salmon with cauliflower and carrots served with fries		
	aw, g	120	aw, c, g	632	aw, c, j, 2, 3, 11	580	aw, d	590	
Thursday	Egg-drop		Egg ragout		Home-made Königsberg-style meatballs		Fillet of sea fish		
27.06.2024	chicken broth		with mixed summer vegetables and herbed potatoes		with caper sauce, boiled potatoes and beetrot salad		in sesame batter with olives, courgettes, peppers and pasta		
	c, i	90	aw, c, g, 3	350	aw, c, g, 3, 11	560	aw, d, k	620	
Friday									
28.06.2024	Tomato soup with fresh herbs		Thick carrot stew with pork, served with wholegrain bread		Pork 'Gyros-style' with tsatsiki, tomato rice and coleslaw		celeriac cutlet on leek sauce with tomato rice		
	aw, i	110	aw, ar, i, 3	490	aw, g, 11	530	aw a i	460	
	aw, I	110				530	aw, g, i	460	
	Please choose from our salad bar and the daily specials with dessert. Not IHP-members pay a surcharge of 1.00 Euro for lunch!								

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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) molluses (-products)