

Im Technologiepark 1 * 15236 Frankfurt (Oder)

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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

Cafeteria at

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 €	
27.	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	
Monday	zzv	kcal	ZZV	kcal	ZZV	kcal	ZZV	kcal
03.07.2023	Asian Vegetable Soup with tofu		2 vegetable crispy bagels with chive quark and rosemary potatoes		Kassler-style fried pork steak with fried egg and potato puree		crispy salad plate (Lamb's lettuce, picking salad, radicchio, cherry tomatoes, spring onions, cucumber) Vinaigrette and warm chicken breast strips	
	i	110	aw, c, g, i, 3	590	aw, c, f, i, j, g, 2, 3, 11	740	aw	420
Tuesday 04.07.2023	Parsley soup		2 boiled eggs in mustard sauce with boiled potatoes and apple-carrot salad		Pudding with pickled cabbage and parsley potatoes		Fried fillet of plaice wrapped crispy with potato-cucumber salad	
	aw, g	165	aw, c, g, j, 3, 11	610	aw, 3, 11	854	aw, c, d, 3, 11	610
Wednesday 05.07.2023	Kohlrabi soup		Rice pudding with fresh strawberries		Battered slice of Bologna-style sausage with tomato sauce and macaroni chips		Baked Feta Cheese with mediterranean vegetables and herb potatoes pan	
	aw, g	120	g, 11	900	aw, c, j, 2, 3, 11	580	aw, g, 1, 3, 11	485
Thursday 06.07.2023	Cream of spinach soup royale		Crunchy Fish Sticks with herb sauce, potatoe and fresh salad		Chicken quarter with cream sauce, celeriac puree and peas		Pork cutlet in batter "Hamburg style" with fried egg and fried potatoes served with salad garnish	
	с	120	aw, c, d, g, 3	529	aw, c, f, i, j, g, 3, 11	690	aw, c, 3	710
Friday 07.07.2023	Lemon soup with fresh dill		Noodle hotpot with mixed seasonal vegetables and chicken served with a slice of wholegrain bread		Home-made stuffed cabbage with braised cabbage sauce and potatoes		Cauliflower Piccatta with remoulade sauce and ciabatta bread served with 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!								

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)

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