

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)

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

marking required additives

13) with quinine 14) with caffeine

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

at

Cafeteria

IHP GmbH

Week Soup of the day 1,10 € 1,10 € 28. Once-course meal 4,00 € 28. Main dish 4,50 € 3,00 € 3	Lunch 11.00 am to 1.30 pm									
## Apple Potential Potent	Remember to check out our alternative daily offers									
1.10 € from the sep-port 221 from the sep-port 222 from the sep-p	Week	Soup of the day		Once-course meal		Main dish		Trend food		
Monday Thick Mushroom- cream sup- with croutons Rice With apple pure and sugar Wednesday Wednesday Sweet and sour vegetables curry Sweet and sour vegetables curry Leek and cheese soup with minead meat (pork) and a site of bread Thurdsy Cream of courgette soup Thurdsy Thurdsy Cream of courgette soup Thurdsy Thurdsy Cream of courgette soup Thurdsy Cream of courgette soup Thurdsy	WCCK	1,10 €		4,00 €		4,50 €		5,00 €		
Monday Thick Mushroom-cream stoup with croutons Bamil Goreng Bamil Goreng Farmhouse-style goulash Company Pizza spring time Pizz	28.	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		
Thick Mushroom- cream soup with croutors (Indonesian noodle dish with poultry) with croators and with rootors (Indonesian noodle dish with poultry) with croators and with rootors (Indonesian noodle dish with poultry) with croators and with broccoli, cauliflower, cheeke and hollandaise sauce (Indonesian noodle dish with boultry) with poultry) with poultry) with poultry) Tuesday Rice With clicken and spring vegetables with clicken and spring vegetables with hicken and spring vegetables with poultry with apple pure and sugar with cucumber dill sour cream and mashed potatoes (Indonesian noodle dish (vegetables, gherkin, onlors) with potatoes and with filled (pollack) with cucumber dill sour cream and mashed potatoes (Indonesian noodle dish with cucumber dill sour cream and mashed potatoes with nice degate and boiled potatoes and boiled potatoes with mixed vegetables and boiled potatoes and boiled potatoes with mixed vegetables and boiled potatoes and boiled potatoes with mixed vegetables with feta cheese, tomato sauce and pasta with leaf spinach and cherry tomatoes with mozzarella baked on mediterranean vegetable bed with ribbon noodles with cream sauce, boiled potatoes and red cabbage with apple gate with cream cheese, fragrant rice and cream sauce with cream sauce, boiled potatoes and red cabbage with apple gate with cream cheese, fragrant rice and cream sauce with cream sauce, boiled potatoes and red cabbage with apple gate with desert.		zzv	kcal	ZZV	kcal	zzv	kcal	ZZV	kcal	
Musticonformation Company Comp	Monday	Th	nick	Pami Corong		Famphouse stule goulesh		Diese "envine time"		
Tuesday Rice with chicken and spring vegetables Need and sour vegetable curry Need and boiled potatoes Need and cheers soup with minced meat (pork) and a slice of bread Need and sour with Frankfurter sausage and a slice of bread Need and cheers soup with minced meat (pork) and a slice of bread Need and cheers soup with minced meat (pork) and a slice of bread Need and cheers soup with minced meat (pork) and a slice of bread Need and cheers soup with minced meat (pork) and a slice of bread Need and cheers soup with minced meat (pork) and a slice of bread Need and cheers soup with minced meat (pork) and a slice of bread Need and cheers soup with minced meat (pork) and a slice of bread Need and cheers soup with minced meat (pork) and a slice of bread Need and cheers soup with frankfurter sausage and a slice of bread Need and cheers soup with minced meat (pork) and a slice of bread Need and cheers soup with minced meat (pork) and a slice of bread Need and cheers soup with frankfurter sausage and a slice of bread Need and cheers soup with minced meat loaf with minced meat loaf with minced potatoes with early speaks with desiret. Need and sour ream and mashed potatoes Need and sour ream and mashed with cucumber dill sour cream and mashed with cucumber dill sour cream and mashed with cucumber dill sour cream and mashed with cucumber and meat loaf with mi	10.07.2023							with broccoli, cauliflower, cheese and hollandaise		
Tuesday 1.07.2023 Rice with chicken and spring vegetables Nectification of the company of the		,		with poultry)				sauce		
Tuesday Rice with chicken and spring vegetables Rice with apple puree and sugar Wednesday Wednesday 12.07.2023 Wednesday Sweet and sour vegetable curry Sweet and sour vegetable curry Potato fritters with paple puree and sugar Creamed spinach with two fried eggs and boiled potatoes Wednesday 12.07.2023 Sweet and sour vegetable curry Sweet and sour vegetable curry Sweet and sour vegetable curry Potato soup with Frankfurter sausage and a slice of bread Potato soup with Frankfurter sausage and a slice of bread Sea salmon fillet Mexicana (Cheese taco bread) On mediterranean wegetable bed with ribbon noodles Readed chicken breast with cream sauce, boiled potatoes and red cabbage with apple Stuffed glant mushrooms with cream heese, fragrant rice and cream sauce with cream sauce, boiled potatoes and red cabbage with apple Please choose from our saled bear and the delty ppeaks with dessert.		with doutons								
Rice with chicken and spring vegetables with apple puree and sugar with cucumber dill sour cream and mashed potatoes with cucumber dill sour cream and mashed potatoes with herb gnocchi Wednesday 12.07.2023 Sweet and sour vegetable curry Sweet and sour vegetable curry Thurnday 13.07.2023 Leek and cheese soup with minced meat (pork) and a slice of bread 13.07.2023 Cream of courgette soup Spaghetti Carbonara' with ham and cheese sauce Please choose from our saled bear and the dally specials with desarts. Backfish fillet (poplack) With cucumber dill sour cream and mashed potatoes "Caprese style" (tomato, mozzarella, basil) with herb gnocchi "Caprese style" (tomato, mozzarella, basil) With herb gnocchi Home-made meat loaf with mixed vegetables and boiled potatoes Aubergine-courgette-roulade with feta cheese, tomato sauce and pasta Sea salmon fillet Mexicana (Cheese taco bread) on mediterranean vegetable bed with ribbon noodles Friday Cream of courgette soup Spaghetti Carbonara' with hereas sauce, boiled potatoes and red cabbage with apple Sugar Carbonara' with cream sauce, boiled potatoes and red cabbage with apple Sugar Carbonara' with cream cheese, fragrant rice and cream sauce Please choose from our saled bear and the dally specials with desert.		aw, g, 5	140	aw, i	610	aw, 3, 11	690	aw, c, g, 1, 11	710	
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Wednesday 12.07.2023 Sweet and sour vegetable curry Sweet and sour vegetable curry Description Thursday 13.07.2023 Leek and cheese soup with minced meat (pork) and a slice of bread 14.07.2023 Cream of courgette soup Spaghetti Carbonara' with ham and cheese sauce Spaghetti Carbonara' with cream sauce, boiled potatoes and the dally specials with apple See a lize of sea sum of courgette soup Please doose from our salad ber and the dally specials with dessert.	11.07.2023									
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12.07.2023 Sweet and sour vegetable curry with two fried eggs and boiled potatoes with mixed vegetables and boiled potatoes with mixed vegetables and boiled potatoes with feta cheese, tomato sauce and pasta	Wednesday									
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Leek and cheese soup with minced meat (pork) and a slice of bread with Frankfurter sausage and a slice of bread with leaf spinach and cherry tomatoes with mozzarella baked on mediterranean vegetable bed with ribbon noodles Friday 14.07.2023 Cream of courgette soup Spaghetti 'Carbonara' with ham and cheese sauce Spaghetti 'Carbonara' with ham and cheese sauce Spaghetti 'Carbonara' with cream sauce, boiled potatoes and red cabbage with apple with cream sauce, boiled potatoes and red cabbage with apple Spaghetti 'Carbonara' with cream sauce with apple Breaded chicken breast with cream sauce, boiled potatoes and red cabbage with apple Stuffed giant mushrooms with cream cheese, fragrant rice and cream sauce Please choose from our salad bar and the daily specials with dessert.	Thursday									
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with ham and cheese sauce with cream sauce, polled potatoes and red cabbage with apple with cream cheese, fragrant rice and cream sauce with cream cheese, fragrant rice and cream sauce aw, g, j, 1, 2, 3, 11 Please choose from our salad bar and the daily specials with dessert.		Cream of courgette soup				with cream sauce, boiled potatoes and red				
aw, g 120 aw, g, i, 1, 2, 3, 11 610 aw, c, g, 3, 11 630 g 420 Please choose from our salad bar and the daily specials with dessert.	14.07.2023									
Please choose from our salad bar and the daily specials with dessert.						cabbage with apple				
Please choose from our salad bar and the daily specials with dessert.		aw 6	120	aw g i 1 2 2 11	610	aw c ~ 2 11	620	~	420	

ENJOY YOUR MEAL

Menu subject to alterations!