

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 1,25 €		Once-course meal 4,40 €		Main dish 4,90 €		Trend food 5,50 €	
28.	from the so	up pot 0,2 kcal	inclusive of 1 small dessert of the	day <u>or</u> 1 small soup of the day 0,1 l kcal	please choose from our da	ally offer of side dishes	please choose from our da	uily offer of side dishes
Monday 08.07.2024	Thick cauliflower soup		fish nuggets with Letscho and potato wedges		Mustard roast pork with bacon beans and potatoes		kohlrabi cutlet with yoghurt sauce, avocado dip and spaghetti	
	·		·		·		salad	
Tuesday	aw	130	aw, c, d	690	aw, 2, 3, 11	610	aw, c, g	520
09.07.2024	Chinese soup with bamboo and rice		Italian stir-fried pasta with meatballs (courgettes, mushrooms, tomatoes and sweetcorn)		Chicken breast "Hawaii" with coconut curry sauce and basmati rice		Stuffed giant mushrooms with cream cheese, gnocchi and cream sauce	
	i	110	aw, c, g	430	aw, g	420	c, g	420
Wednesday 10.07.2024	Chicken broth with root vegetables		Rice pudding with fresh strawberries		Pork cutlet in batter with cream sauce, boiled potatoes and cauliflower		Feta cheese in batter with ratatouille and spinach risotto	
	aw, i, g	120	g, 11	900	aw, c, g, 3	720	aw, g, 1, 11	510
Thursday 11.07.2024	Spicy cream of pepper soup		Green bean stew with pork and a slice of wholegrain bread		Small salad platter with hash browns and fried egg		Chicken roulade 'Florentine-style' with gnocchi and salad garnish	
	aw	100	aw, ar	480	c, 3, 11	690	aw, c	680
Friday 12.07.2024	French onion soup with chives		Szeged pork goulash (pickled cabbage) with dumplings or boiled potatoes		Beetroot buffer (Chickpeas, cucumber) with corn panada on Tagliatelle with cheese sauce (Gouda)		Fillet of plaice 'Finkenwerder-style' (strips of ham and onions) served with fried potatoes and salad garnish	
	g	90	aw, 3	610	aw, g, 1	570	aw, d, 2, 3, 11	710

Please choose from our salad bar and the daily specials with dessert. Not IHP-members pay a surcharge of 1,00 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