

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 Lunch 11.00 am to 1.30 pm

pasta dísh

without meat

vegan dísh

Cafeteria at

ihp

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 €		<u>Trend food</u> 5,00 €	
29.	from the soup pot 0,2 ZZV kcal		inclusive of 1 small dessert of the day <u>or</u> 1 small soup of the day 0,1 1		please choose from our daily offer of side dishes		please choose from our daily offer of side dishes	
Monday	224	Kal	ZZZV	KCBI	224	KCBI	222	KCBI
17.07.2023	Cream of cauliflower soup		Colorful rice-vegetable rosti with pepper-tomato sauce and salad garnish		Curried sausage with potato chips and salad garnish		Fried fillet of perch with ratatouille and boiled potatoes	
	aw, g	130	aw, c, i	420	j, 2, 4, 11	760	aw, d, 3	410
Tuesday 18.07.2023	Fish solyanka		Saxon-style peppered meat (meatballs, leeks and tomato-capsicum sauce) with potato puree		Asia noodle gratin mie noodles, spring onions, mushrooms, red peppers, garlic and coconut milk		celeriac cutlet on leek sauce with tomato rice and salad garnish	
	d, i	80	aw, c, f, i, j, g, 3, 11	590	aw, c, g	580	aw, g, i	460
Wednesday 19.07.2023	Lentil soup with diced bacon		Vanilla semolina pudding with hot cherries		Pork cutlet 'cordon bleu' with boiled potatoes and summer vegetables		Stuffed potato pasties (herbed cream cheese) with chive quark and salad garnish	
	i, 2, 8	140	aw, g, 11	800	aw, c, g, 1, 2, 3, 11	610	aw, c, g	610
Thursday 20.07.2023	Florentine tomato soup with noodles and spinach		Scrambled eggs with herbs, served with cauliflower in Dutch sauce and mashed potatoes		Chicken breast "Hawaii" with coconut curry sauce and basmati rice		Pork medallions with baked potato and salad	
	aw, i	120	aw, c, g, 3	510	aw, g	420	aw, 2, 3, 11	680
Friday 21.07.2023	Lemon soup with fresh dill		Sausage goulash with tomatos and peppers, served with spirelli pasta		Alaskan Salmon Filet with dill sauce, boiled potatoes and cucumber salad		Minced lamb steak with butter beans and duchess potatoes	
	aw, g	110	aw, j, 2, 3, 11	780	aw, d, g, i, 3, 11	590	aw, c, f, g, i, j, 1, 11	690
Please choose from our salad bar and the daily specials with dessert.								

Not IHP-members pay a surcharge of 0,50 Euro for lunchi

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