

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

eria

IHP GmbH

Lunch 11.00 am to 1.30 pm								
Remember to check out our alternative daily offers								
Week	Soup of the day 1,25 €		Once-course meal 4,40 €		<u>Main dish</u> 4,90 €		Trend food 5,50 €	
29.	from the sc	oup pot 0,2 l	inclusive of 1 small dessert of the	day <u>or</u> 1 small soup of the day 0,1 I	please choose from our da	aily offer of side dishes	please choose from our do	aily offer of side dishes
Monday								
15.07.2024	Chick pea soup with cumin and parsley		Crunchy Fish Sticks with herb sauce, potatoe and fresh salad		Grilled chicken thighs with paprika, mixed vegetables and fries		sweet potato filled with mushrooms and kidney beans and yoghurt dip	
	aw	120	aw, c, d, g, 3	529	aw, g, 11	740	g, 3	410
Tuesday 16.07.2024	Goulash soup (pork) with paprika		Stuffed yeast dumpling with vanilla sauce and poppy		Home-made stuffed cabbage with braised cabbage sauce and potatoes		Asia-omelette with lemon spinach (spinach with garlic and red lentils)	
	aw, i	130	aw, g, 11	410	aw, c, 3	529	aw, g	410
Wednesday 17.07.2024	Tomato-basil soup with julienne vegetables		Herb quark with linseed oil, boiled potatoes and cucumber salad		Greek platter (gyros, cevapcici) with tomato-rice and herb salad		Fillet of pollock "Milano Art " (with tomato and cheese) served with green tagliatelle	
	aw, i	127	g, 3, 11	570	aw, 11	640	aw, d, g, 1, 11	665
Thursday 18.07.2024	Cream of spinach soup royale		Spaghetti Bolognese with grated cheese		Cauliflower-broccoli casserole with mozzarella		Chicken "Saltim Bocca" with zucchini and rice	
	с	120	aw, g, i, 1, 11	695	g, 1, 11	410	aw, g, 2, 3, 8	590
Friday 19.07.2024	Asparagus soup with chives		Spicy lentil stew with pork and a slice of wholegrain bread		Breaded chicken breast with cream sauce, boiled potatoes and red cabbage with apple		flatbread with grilled Halumi (Greek Grill cheese from cow's milk), yogurt-mint sauce and salad garnish	
	aw, g	112	aw, ar, 3	710	aw, c, g, 3, 11	630	aw, g	490
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) 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