

Im Technologiepark 1 * 15236 Frankfurt (Oder) Tel. (0335) 40164121* Fax 40164123

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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

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 €		<u>Trend food</u> 5,50 €	
31.		oup pot 0,2 l	inclusive of 1 small dessert of the day or 1 small soup of the day 0,1 l		please choose from our da		please choose from our c	
	ZZV	kcal	ZZV	kcal	ZZV	kcal	ZZV	kcal
Monday 29.07.2024	Creamed vegetable soup with croutons		2 vegetable crispy bagels with chive quark and rosemary potatoes		Cod Loose with dill sauce, salt potatoes and cucumber salad		Stuffed beef à la maison with savoury sauce, boiled potatoes and red cabbage	
	aw, i, g	130	aw, c, g, i, 3	590	aw, d, g, i, 3, 11	590	aw, 2, 3, 11	630
Tuesday 30.07.2024	Lentil soup with diced bacon		3 yeast dumplings with blueberry sauce		Battered slice of Bologna-style sausage with tomato sauce and spirelli pasta		Large farmer's breakfast with pickled herring pieces	
	i, 2, 8	140	aw, g, 11	820	aw, c, j, 2, 3, 11	580	c, 3, 11	590
Wednesday 31.07.2024	Lemon soup with fresh dill		Chicken ragout with mixed seasonal vegetables and herbed rice		Salad platter "Oderbruch style" with fried potatoes and fried egg		Pork cutlet au gratin with spicy minced meat, potato croquettes and peas	
	aw, g	110	aw, g, i	630	c, 3, 11	690	aw, g, 1, 11	690
Thursday 01.08.2024	Parsley soup		2 boiled eggs with tartar sauce, boiled potatoes and cucumber salad		Chicken Nuggets with baked potatoe wedges in a curry dip and small salad		Vegan noodle and courgette pan with roasted pine nuts	
	aw, g	165	aw, c, g, j, 2, 3, 11	610	aw, c, g, 1, 2, 11	6/0	aw	420
Friday 02.08.2024	Cabbage soup with pork and cumin		Mediterranean turkey pan with tagliatelle		Kassler-style fried pork steak with fried egg, potato puree and peas		Cauliflower Piccatta with remoulade sauce and ciabatta bread served with salad garnish	
	i	100	aw, i	690	aw, c, f, i, j, g, 2, 3, 11	740	aw, c, g, j, 2, 11	450
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