

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 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	k Soup of the day 1,10 €		Once-course meal		<u>Main dish</u>		Trend food	
			4,00 €		4,50 €		5,00 €	
32.	from the soup pot 0,2 l		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	
	ZZV	kcal	zzv	kcal	ZZV	kcal	ZZV	kcal
Monday 07.08.2023	Asian-style noodle soup with Mie noodles		Cauliflower Cheese Medallion with quark dip, boiled potatoes and side salad		Fried sausage with herbs served with cream sauce, boiled potatoes and pickled cabbage		Fish bake 'Bordolaise' with dill potatoes and green salad	
	aw, i	110	aw, c, g, i, j, 3	610	aw, g, j, 3, 4, 11	710	aw, c, d, 3	410
Tuesday 08.08.2023	Sweet and sour vegetable curry		Country-style stir-fry with sausage slices, peppers, onions, pickles, sweetcorn and potato wedges		Potato-spinach and cheese gratin with bechamel sauce		turkey piccata with tomato-mushroom vegetables and vegetable rice	
	aw, i, g	120	aw, i, j, 2, 3, 11	430	g, 1, 3, 11	480	aw, g, 1, 11	580
Wednesday 09.08.2023	Cream of potato soup		Rice pudding with morello cherries and sugar		Grill fish on cucumber vegetable with herb rice		Chicken breast with romanesco and potato noodles	
	i, 3	120	g, 11	900	aw, d	520	aw	710
Thursday 10.08.2023	Brussels sprout soup with cumin		Egg ragout with mixed summer vegetables and herbed potatoes		Home-made burger with cream sauce, boiled potatoes and herbed baby carrots		baked potato with smoked salmon and sour cream to a mixed salad	
	aw, g	120	aw, c, g, 3	350	aw, c, j, 3	560	d, g	380
Friday 11.08.2023	Wild mushroom soup with gnocchi		Zucchini potato pancakes (with feta cheese) with creme fraich and salad garnish		Creamed veal goulash with spaetzle noodles and green salad		Hake with tomato-mozzarella topping, served with boiled potatoes and mixed summer vegetables	
	aw, c	190	aw, c, g, 3	670	aw, c, g	610	aw, d, g, 1, 3, 11	665
Please choose from our salad bar and the daily specials with dessert.  Not IHP-members pay a surcharge of 0,50 Euro for lunch!								

allaman labalina

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