

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

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**IHP GmbH** 

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 €	
32.	from the soup pot 0,2 I		inclusive of 1 small dessert of the day or 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	ZZV	kcal	ZZV	kcal	ZZV	kcal	ZZV	kcal
05.08.2024	Curried mango soup		Broccoli nut corner with hollandaise sauce and boiled potatoes		Curried sausage with potato chips and salad garnish		Fish bake 'Bordolaise' with dill potatoes and green salad	
		90	aw, c, g, f, h, i, 3	560	j, 2, 4, 11	760	aw, c, d, 3	410
Tuesday 06.08.2024	Asian-style noodle soup with Mie noodles		Egg ragout with mixed summer vegetables and herbed potatoes		Paprika pork steak with risotto and summer vegetables		Cauliflower Piccatta with remoulade sauce and ciabatta bread served with salad garnish	
	aw, i	110	aw, c, g, 3	350	aw	490	aw, c, g, j, 2, 11	450
Wednesday 07.08.2024	Italian sidh woup with vegetable julienne		Frankfurt-style potato soup with a pair of Wiener sausages and wholegrain bread		Noodles with chicken breast strips in curry hollandaise (with spring onions and red peppers)		Pork cutlet 'Strindberg'-style (in onion-mustard-egg batter) with buttered peas and potato chips	
	d, i	90	aw, ar, 1, 2, 3, 4, 11	507	aw, c, g	590	aw, c, 11	730
Thursday 08.08.2024	spicy cream of sweetcorn soup		Rice pudding with morello cherries and sugar		Home-made Königsberg-style meatballs with caper sauce, boiled potatoes and beetrot salad		Stuffed courgette "Ratatouille" on herbs spaghetti with tomato cream sauce	
	aw	110	g, 11	900	aw, c, g, 3, 11	560	aw, g	560
Friday 09.08.2024	Wild mushroom soup with fresh herbs		Sausage goulash with tomatos and peppers, served with spirelli pasta		Saithe Crispy to roasters and remoulade		Asia-omelette with lemon spinach (spinach with garlic and red lentils)	
	aw, g	110	aw, j, 2, 3, 11	780	aw, c, d, f, 2, 3, 11	710	aw, g	410

## 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) molluscs (-products)

ENJOY YOUR MEAL

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

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