

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 Lunch 11.00 am to 1.30 pm

pasta dísh

without meat

vegan dísh

Cafeteria at

ia bp

IHP GmbH

Remember to check out our alternative daily offers								
Week	Soup of the day 1,25 €		Once-course meal 4,40 €		Main dish 4,90 €		Trend food 5,50 €	
33.	from the soup pot 0,2 I		inclusive of 1 small dessert of the day or 1 small soup of the day 0,1 l		please choose from our daily offer of side dishes		please choose from our d	
Monday	ZZV	kcal	ZZV	kcal	ZZV	kcal	ZZV	kcal
11.08.2025	Chicken broth with root vegetables		Creamed spinach with two fried eggs and boiled potatoes		China pan with chicken and curry rice		Cannelloni stuffed with ricotta cheese and spinach, served with cheese sauce and salad garnish	
	aw, i, g	120	aw, c, g, 3	580	aw, i	510	aw, c, g, 1, 11	470
Tuesday 12.08.2025	Thick cauliflower soup		Meat balls (pork) with mushroom sauce and spaetzle noodles		Hearty Frankfurt-style white pudding with pickled cabbage and boiled potatoes		Stuffed potato pasties (herbed cream cheese) with chive quark and salad garnish	
	aw	130	aw, c, g	590	aw, 3, 11	980	aw, c, g	610
Wednesday 13.08.2025	Chick pea soup with cumin and parsley		1 stuffed yeast dumpling (plum puree) with vanilla sauce and poppy		Juicy beef goulash with macaroni chips and coleslaw		Fried fillet of cod with fried potatoes and fried egg	
	aw	120	aw, g, 11	410	aw, 11	610	aw, c, d, 3	710
Thursday 14.08.2025	Leek and cheese soup with minced meat (pork) and a slice of bread		Zucchini potato pancakes (with feta cheese) with creme fraich and salad garnish		Stuffed peppers with spicy sauce and potatoe puree		Chicken breast au gratin with peach and sauce choron with broccoli and basmati rice	
	g, i, 1	510	aw, c, g, 3	670	aw, c, f, i, j, g, 3, 11	530	aw, c, 11	640
Friday 15.08.2025	Egg-drop chicken broth		Spaghetti 'Carbonara' with ham and cheese sauce		Chicken liver in apple-onion sauce with boiled potatoes and herbed baby carrots		Large farmer's breakfast with pickles	
	c, i	90	aw, g, i, 1, 2, 3, 11	610	aw, 3, 11	530	c,3, 11	590
Please choose from our salad bar and the daily specials with dessert. Not IHP-members pay a surcharge of 1,00 Euro for lunch!								

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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