

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

vegan dísh

without meat

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 1,10 €		Once-course meal 4,00 €		<u>Main dish</u> 4,50 €		<u>Trend food</u> 5,00 €	
34.	from the soup pot 0,2 I		inclusive of 1 small dessert of the day or 1 small soup of the day 0,1 I		please choose from our dai		please choose from our daily	
Monday	ZZV	kcal	ZZV	kcal	zzv	kcal	ZZV	kcal
21.08.2023	Thick cauliflower soup		fish nuggets with Letscho and potato wedges		Chicken breast "Hawaii" with coconut curry sauce and basmati rice		kohlrabi cutlet with yoghurt sauce, avocado dip and spaghetti salad	
	aw	130	aw, c, d	690	aw, g	420	aw, c, g	520
Tuesday 22.08.2023	Chinese soup with bamboo and rice		Italian stir-fried pasta with meatballs (courgettes, mushrooms, tomatoes and sweetcorn)		Grilled fish with corn breading (alaskan salmon) with lemon sauce, boiled potatoes and creamy vegetables		Feta cheese in batter with ratatouille and spinach risotto	
	i	110	aw, c, g	430	aw, g, d, i	590	aw, g, 1, 11	510
Wednesday 23.08.2023	Chicken broth with root vegetables		Kaiserschmarrn (pancake strips) with raisins, apple compote and icing sugar		Pork cutlet in batter with cream sauce, boiled potatoes and cauliflower		Spaghetti in lemon cream with prawns and peppers	
	aw, i, g	120	aw, c, g, 11	690	aw, c, g, 3	720	aw, b, g	630
Thursday 24.08.2023	Spicy cream of pepper soup		Chicken ragout with mixed seasonal vegetables and herbed rice		Two fried eggs with fried potatoes and cucumber salad		Pizza "Special" with ham, salami, mushrooms and cheese	
	aw	100	aw, g, i	630	c, 3, 11	690	aw, g, 1, 2, 3, 5, 11	630
Friday 25.08.2023	French onion soup with chives		Home-made vegetable burger with broccoli sauce and potatoes		Mustard roast pork with bacon beans and potatoes		Fillet of plaice 'Finkenwerder-style' (strips of ham and onions) served with fried potatoes and salad garnish	
	g	90	aw, c, g, i, 3	490	aw, 2, 3, 11	610	aw, d, 2, 3, 11	710
Please choose from our salad bar and the daily specials with dessert.								

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Not IHP-members pay a surcharge of 0,50 Euro for lunch!

allergen labelin

awl 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 | (-products) h) 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