

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

at

Cafeteria

IHP GmbH

Remember to check out our alternative daily offers								
Week	Soup of the day 1,10 €		Once-course meal		<u>Main dish</u>		Trend food	
WCCK			4,00 €		4,50 €		5,00 €	
35.	from the soup pot 0,2 I		inclusive of 1 small dessert of the day <u>or</u> 1 small soup of the day 0,1 I		please choose from our dail	ly offer of side dishes	please choose from our da	ily offer of side dishes
	ZZV	kcal	ZZV	kcal	ZZV	kcal	zzv	kcal
Monday 28.08.2023	Chick pea soup with cumin and parsley		Crunchy Fish Sticks with herb sauce, potatoe and fresh salad		Grilled chicken thighs with paprika, mixed vegetables and fries		sweet potato filled with mushrooms and kidney beans and yoghurt dip	
	aw	120	aw, c, d, g, 3	529	aw, g, 11	740	g, 3	410
Tuesday 29.08.2023	Goulash soup (pork) with paprika		Stuffed yeast dumpling with vanilla sauce and poppy		Greek platter (gyros, cevapcici) with tomato-rice and herb salad		Large farmer's breakfast with pickles	
	aw, i	130	aw, g, 11	410	aw, 11	640	c, 3, 11	590
Wednesday 30.08.2023	Tomato-basil soup with julienne vegetables		Herb quark with linseed oil, boiled potatoes and cucumber salad		Chicken liver in apple-onion sauce with potato puree and red cabbage		Fillet of pollock "Milano Art" (with tomato and cheese) served with green tagliatelle	
	aw, i	127	g, 3, 11	570	aw, c, f, i, j, g, 3, 11	530	aw, d, g, 1, 11	665
Thursday 31.08.2023	Cream of spinach soup royale		Spaghetti Bolognese with grated cheese		Alaskan Salmon Filet "meunière" with parsley sauce, creamy vegetables and boiled potatoes		Chicken "Saltim Bocca" with zucchini and rice	
	С	120	aw, g, i, 1, 11	695	aw, d, g	620	aw, g, 2, 3, 8	590
Friday 01.09.2023	Asparagus soup with chives		Spicy lentil stew with Frankfurter sausags and a slice of wholegrain bread		beans with onion and parisian nerb potatoes		flatbread with grilled Halumi (Greek Grill cheese from cow's milk), yogurt-mint sauce and salad garnish	
	aw, g	112	aw, ar, 1, 2, 3, 4, 11	710	aw, 3	590	aw, g	490
Please choose from our salad bar and the daily specials with dessert. Not IHP-members pay a surcharge of 0,50 Euro for lunch!								
allergen labeling marking required additives								

allergen labeling
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