

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

the part of the pa

IHP GmbH

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 €		Trend food 5,00 €	
36.	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	
50.	zzv	kcal	zzv	kcal	zzv	kcal	zzv	kcal
Monday 04.09.2023	Chili sin carne vegetarian		Sautéed slices of pork 'Zurich style' served with spaetzle egg noodles		Potato-cauliflower and cheese gratin		Fillet of pollock au gratin with leaf spinach and sauce hollandaise, served with tomato rice	
	aw, i	115	aw, c, 5	510	g, 1, 3, 11	442	aw, c, d	650
Tuesday 05.09.2023	Cream of broccoli soup		3 yeast dumplings with blueberry sauce		Chicken 'cordon bleu' with cauliflower and potato puree		Baked camembert cheese with peach and cranberry and salad bouquet	
	aw, g	130	aw, g, 11	820	aw, c, f, i, j, g, 1, 2, 3, 11	570	aw, c	340
Wednesday 06.09.2023	Rice with chicken and root vegetables		2 boiled eggs with mustard sauce, boiled potatoes and beetroot salad		Pudding with pickled cabbage and parsley potatoes		Pork medallions on chanterelle cream and farfalle pasta	
	i	80	aw, c, g, j, 3, 11	610	aw, 3, 11	854	aw, g	680
Thursday 07.09.2023	Minced meat and cheese soup (pork) with leeks		Sausage goulash with tomatos and peppers, served with spirelli pasta		Backfish fillet (pollack) with cucumber dill sour cream and mashed potatoes		crispy salad plate (Lamb's lettuce, picking salad, radicchio, cherry tomatoes, spring onions, cucumber) Vinaigrette and warm chicken breast strips	
	aw, i, g, 1	130	aw, j, 2, 3, 11	780	aw, c, d, 2, 3, 11	710	aw	420
Friday 08.09.2023	Fruity cream of sweetcorn soup		White bean stew with pork sausage, served with a slice of bread		Noodles with chicken breast strips in curry hollandaise (with spring onions and red peppers)		Omelette stuffed with fresh chanterelles and sauce Béarnaise	
	aw	110	aw, i, j, 2, 3, 11	620	aw, c, g	590	c, g	510
Please choose from our salad bar and the daily specials with dessert. Not IHP-members pay a surcharge of 0,50 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