

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

the

**IHP GmbH** 

| Remember to check out our alternative daily offers   |   |      |  |      |   |      |  |      |
|--|---|------|--|------|---|------|--|------|
| Week   | Soup of the day<br>1,10 €                                     |      | Once-course meal<br>4,00 €   |      | <u>Main dish</u><br>4,50 €  |      | Trend food<br>5,00 €   |      |
| 42.  | 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 daily offer of side dishes   |      | please choose from our daily offer of side dishes  |      |
| Monday   | ZZV   | kcal | zzv  | kcal | ZZV   | kcal | ZZV  | kcal |
| 16.10.2023   | broth royale<br>(poultry) with root vegetables and egg stitch |      | Brewery goulash<br>Pork goulash with beer and sour cream served<br>with boiled potatoes            |      | Cod Loose<br>with dill sauce, salt potatoes and cucumber salad  |      | celeriac cutlet<br>on leek sauce with tomato rice  |      |
|  | c, g, i   | 70   | aw, g, 3   | 620  | aw, d, g, i, 3, 11  | 590  | aw, g, i   | 460  |
| Tuesday<br>17.10.2023  | Curried mango soup  |      | Scrambled eggs with herbs,<br>served with cauliflower in Dutch sauce<br>and mashed potatoes        |      | Turkey-roast with cream sauce, mixed vegetables (peas, carrots) and potatoes                          |      | Potato and pumpkin rosti with garden vegetables this one Quarkdip                              |      |
|  | 0   | 90   | aw, c, g, 3  | 510  | aw, g, i, 3   | 420  | c, g, 3  | 520  |
| Wednesday<br>18.10.2023  | Kohlrabi soup   |      | Vegetable Bolognese<br>(Carrot, celery, tomato, onion) with spaghetti and<br>grated cheese (Gouda) |      | "Döner Plate"<br>(Pork Gyros style) with tzatziki, tomato rice and<br>herb salad                      |      | Glazed rabbit joint, red cabbage with apple and potato dumplings                               |      |
|  | aw, g   | 120  | aw, g, i, 1, 11  | 695  | aw, g, 11   | 640  | aw, 11   | 680  |
| Thursday<br>19.10.2023   | Cream of asparagus soup                                       |      | Chicken ragout<br>with mixed seasonal vegetables and herbed rice                                   |      | Beetroot buffer<br>(Chickpeas, cucumber) with corn panada on<br>Tagliatelle with cheese sauce (Gouda) |      | Fillet of sea fish<br>with tomato-mozzarella topping, served with<br>tagliatelle and pesto dip |      |
|  | aw, g   | 112  | aw, g, i   | 630  | aw, g, 1  | 570  | aw, d, g, 1, 11  | 665  |
| Friday<br>20.10.2023   | Tomato-basil soup<br>with julienne vegetables                 |      | White bean stew<br>with Kassler-style meat. served with a slice of<br>bread                        |      | Alaskan Salmon Filet "meunière" with parsley sauce, creamy vegetables and boiled potatoes             |      | Pork medallions<br>on chanterelle cream and farfalle pasta                                     |      |
|  | aw, i   | 127  | aw, 2, 3, 11   | 520  | aw, d, g  | 620  | aw, g  | 680  |
| Please choose from our salad bar and the daily specials with dessert.  Not IHP-members pay a surcharge of 0,50 Euro for lunch! |   |      |  |      |   |      |  |      |

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

with coloring 2) with preservative 3) with antioxidant 4) with flavor enhancer
 speschwefelt 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