

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 11.00 am to 1.30 pm pasta dísh

without meat

vegan dísh

Cafeteria at

IHP GmbH

Remember to check out our alternative daily offers									
Week	Soup of the day		Once-course meal		Main dish		Trend food		
Week	1,10 €		4,00 €				5,00 €		
	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 l		please choose from our daily offer of side dishes		please choose from our daily offer of side dishes		
46.	zzv	kcal	zzv	kcal	zzv	kcal	zzv	kcal	
Monday	224	N.GI	ZEV	Kai	224	N.GI	LLV	KUGI	
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13.11.2023	Tomato-fish broth		Brewery goulash Pork goulash with beer and sour cream served		spring roll		Fillet of sea fish		
13.11.2023	with julienne root vegetables		with boiled potatoes		on mie noodles and chinese-style vegetables		with vegetable topping and boiled potatoes		
			·						
	d, i	80	aw, g, 3	620	aw, c, e, f, g, i	560	aw, d, i, 3	490	
Tuesday									
			2 boiled eggs		1 51 1 1				
14.11.2023	Banana cream soup		with mustard cauce		Home-made Fish meatball with boiled potatoes, dill sauce and herbed carrots		Chicken "Saltim Bocca" with zucchini and gnocchi		
			boiled potatoes and cucumber salad		with boiled polatoes, all sauce and herbed carrots		with zuccinn and ghocen		
	g	120	aw, c, g, j, 3, 11	610	aw, c, g, 3	520	aw, 2, 3, 8	620	
Wednesday									
	Ginger broth		Home-made pancakes		Turkey cutlets		noodles		
15.11.2023	with noodles and chicken		with sugar and applesauce or sweet vanilla quark		with cauliflower and brown butter with mashed potatoes		with pumpkin, avocado and steak strips (pork) in cream		
				·		potatoes		Cream	
		120		900		690		640	
Thursday	aw	120	aw, g	900	aw, c, f, i, j, g, 3, 11	690	aw	640	
Indisday									
16.11.2023	Pumpkin soup		Roasted Brussels sprouts with ham and cheese sauce served with potato		Kassler-style pork roast		Feta cheese in batter		
10.11.2023	with ginger		noodles		with pickled cabbage and boiled potatoes		with ratatouille and spinach risotto		
	aw, g	110	aw, g, 1, 2, 3, 11	580	aw, 2, 3, 11	540	aw, g, 1, 11	510	
Friday									
	Pickled cabbage soup with pork and cumin with Frankfurt		Datat		Fig. 4 Gd.		Di "C"		
17.11.2023			Potato soup with Frankfurter sausage and a slice of bread		Fried fish with fried potatoes and remoulade sauce		Pizza "Gyros" with minced meat, peppers and feta cheese		
	with pork and cullin		The standard sadded and a snee of bread		potatoes and remodiade state		The same and the s		
		120	aw, ar, 1, 2, 3, 4, 11	507	aw, c, d, f, 2, 3, 11	680	aw, g, 1, 11	610	
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