

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

IHP GmbH

Lunch 11.00 am to 1.50 pm								
Remember to check out our alternative daily offers								
Week	Soup of the day 1,25 €		Once-course meal 4,40 €		<u>Main dish</u> 4,90 €		<u>Trend food</u> 5,50 €	
46.	from the soup pot 0,2 I			e day <u>or</u> 1 small soup of the day 0,1 l	please choose from our da	aily offer of side dishes	please choose from our d	
Monday	220	KCBI	ZZV	KCBI	ZZV	kcal	ZZV	kcal
11.11.2024	Cabbage soup with pork and cumin		Shashlik stir-fry (pork, sausage, sweet peppers, cucumber) with macaroni chips		Cod Loose with dill sauce, salt potatoes and cucumber salad		Omelette with brussels sprouts and gorgonzola sauce with salad garnish	
	i	100	aw, i, j, 2, 3, 11	690	aw, d, g, i, 3, 11	590	c, g	510
Tuesday 12.11.2024	Lemon-parmesan soup with marjoran		Oderbruch-style stir-fry with meatballs (pork)		Beetroot buffer (Chickpeas, cucumber) with corn panada on Tagliatelle with cheese sauce (Gouda)		Fillet of plaice 'Finkenwerder-style' (strips of ham and onions) served with fried potatoes and salad garnish	
	aw, g, 1	130	aw, c, g, i, 3	580	aw, g, 1	570	aw, d, 2, 3, 11	710
Wednesday 13.11.2024	Tomato-basil soup 'vegetarian'		Potato fritters with apple puree and sugar		Roasted chicken breast on autumn vegetables with celery mashed potatoes		Fillet of pollock with wasabi mayo on steamed cabbage and fries	
Thursday	dW, I	127	dW, C, 3, 11	700	aw, c, i, i, j, g, 3, 11	390	aw, c, u, 11	390
14.11.2024	Pumpkin soup with ginger		Crunchy Fish Sticks with herb sauce, potatoe puree and fresh salad		Chickpea and vegetable curry (Carrot, leek, cauliflower, red pepper) with basmati rice		Pork cutlet 'half-and-half' (onion-tomato-capsicum sauce, herbed mushrooms) with potato chips and salad garnish	
	aw, g	110	aw, c, d, f, i, j, g, 3, 11	529	aw, i	490	aw, g, 5	740
Friday 15.11.2024	Carrot and orange soup		Roasted Brussels sprouts with ham and cheese sauce served with potato noodles		Marinated beef with red cabbage and boiled potatoes		Stuffed potato pasties (herbed cream cheese) with chive quark and salad garnish	
	aw, g, 11	120	aw, g, 1, 2, 3, 11	580	aw, 3, 11	640	aw, c, g	610
Please choose from our salad bar and the daily specials with dessert.								

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Not IHP-members pay a surcharge of 1,00 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 d) (celery (-products) j) Mustard (-products) k) Sesame (-products) l) Sulphur dioxide and sulphites> 10 mg / kg / l m) lupine (-products) n) molluscs (-products)

Menu subject to alterations!

ENJOY YOUR MEAL

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