

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)

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 Lunch 11.00 am to 1.30 pm

pasta dísh

without meat

vegan dísh

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

Cafeteria at

the part of the pa

IHP GmbH

Remember to check out our alternative daily offers									
Week	Soup of the day		Once-course meal		<u>Main dish</u>		Trend food		
	1,10 €		4,00 €		4,50 €		5,00 €		
47.	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		
	zzv	kcal	zzv	kcal	ZZV	kcal	zzv	kcal	
Monday									
	Peas buttermilk soup		Broccoli r	nut corner	Paprika pork steak		Fish bake "Provencial"		
20.11.2023			with hollandaise sauce and boiled potatoes		with risotto and summer vegetables		(with herb tomato) served with boiled potatoes and salad garnish		
					I				
	g	130	aw, c, g, f, h, i, 3	560	aw	490	aw, d, 3	530	
Tuesday							F: 1		
	Thick		Pepper goulash		Arugula sweet potato slices		Fried prawn skewer with Carribean sauce and raisins, served with long-		
21.11.2023	fennel soup		(pork) with tomato-capsicum sauce and spirelli		risotto with peas and salad garnish		grain rice		
			pasta				and pieces of orange		
	aw	110	aw	610	c, 3	590	b	390	
Wednesday			-		,,,				
	Chicken curry soup		Pickled cabbage potato Pancakes with crème fraiche and salad garnish		Chicken 'cordon bleu' with cauliflower and potato puree		Pizza "Special" with ham, salami, mushrooms and cheese		
22.11.2023									
			6		, , , , , ,		, ,		
				700		-70		620	
Thursday	aw, i	115	aw, c, g, 3	780	aw, c, f, i, j, g, 1, 2, 3, 11	570	aw, g, 1, 2, 3, 5, 11	630	
,			Bami Goreng		Gnocchi dish		Pork cutlet 'Strindberg'-style		
23.11.2023	Chanterelle mushroom soup		(Indonesian noodle dish		with spinach and salmon cubes in horseradish		(in onion-mustard-egg batter)		
			with poultry)		cream sauce		with buttered peas and potato chips		
	aw, g	120	aw, i	610	aw, c, d, g, 3	590	aw, c, 11	730	
Friday									
24.11.2023	Broth		Green bean stew with Kassler-style cubes and a slice wholegrain		Home-made burger with cream sauce,		Leeks		
24.11.2023	(beef) with julienne vegetables		bread		boiled potatoes and herbed baby carrots		with buttered breadcrumbs and tomato rice		
					•				
	aw, i	115	aw, ar, 2, 3, 11	480	aw, c, j, 3	560	aw	520	
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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ENJOY YOUR MEAL

Menu subject to alterations!