

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

10) contains phenylalanine 11) with sugars and sweeteners 12) with sugar substitutes 13) with quinine 14) with caffeine

Cafeteria at

IHP GmbH

Luncii 11.00 airi to 1.50 piri									
			R	emember to check out our alter	native daily offers				
Week	Soup of the day 1,10 €		Once-course meal 4,00 €		<u>Main dish</u> 4,50 €		Trend food 5,00 €		
48.	from the soup pot 0,2 I		inclusive of 1 small dessert of the day or 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		
40.	zzv	kcal	zzv	kcal	zzv	kcal	zzv	kcal	
Monday 27.11.2023	Cream of broccoli soup		Crunchy Fish Sticks with herb sauce, potatoe puree and fresh salad		Fried sausage with herbs served with cream sauce, boiled potatoes and pickled cabbage		Stuffed courgette "Ratatouille" on herbs spaghetti with tomato cream sauce		
T 1	aw, g	130	aw, c, d, f, i, j, g, 3, 11	529	aw, g, j, 3, 4, 11	710	aw, g	560	
Tuesday 28.11.2023	Thick mushroom soup with leeks		Spaghetti Bolognese with grated cheese		Chicken liver in apple-onion sauce with potato puree and mixed vegetables		Fillet of tilapia with fresh mushrooms, risolee potatoes and salad garnish		
	aw, g, 5	140	aw, g, i, 1, 11	695	aw, c, f, i, j, g, 3, 11	530	aw, d, g, 3	640	
Wednesday 29.11.2023	Goulash soup (pork) with paprika		Scrambled eggs with herbs, served with cucumber salad and potato puree		Potato-cauliflower and cheese gratin		Stuffed beef à la maison with savoury sauce, boiled potatoes and red cabbage		
	aw, i	130	aw, c, g, 3	510	g, 1, 3, 11	442	aw, 2, 3, 11	630	
30.11.2023	Festveranstaltung zum 40 jährigen Jubiläum IHP								
Friday									
01.12.2023	Spicy curry and rice soup with pork		Chili con carne (Mexican bean dish) served with a slice of bread		Chicken Breast with Hokkaido pumpkin and tagliatelle		Pizza "spring time" with broccoli, cauliflower, cheese and hollandaise sauce		
	aw	145	aw	630	aw	580	aw, c, g, 1, 11	710	
Please choose from our salad bar and the daily specials with dessert. Not IHP-members pay a surcharge of 0,50 Euro for lunchl									
d) fish (-products) e) pe	gluten (wheat) ar) cereals containing gluten (ry, anuts (-products) f) Soy (-products) g) milk (- pr histard (-products) k) Sesame (-products) l) Sul	oducts, including lactose) h) nuts	ts)	ENJOY YO	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) exchange about a plant of the formatteners (1) with the preservative state of the formatteners (1) with the formatteners (1) with preservative state of the formatteners (1) with state of the formatteners (1) with preservative state of the formatteners (1) with stat		

Menu subject to alterations!