

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

at

Cafeteria

IHP GmbH

Monday Asian Vegetable Soup with tofu Asian Vegetable Soup with tofu Asian Vegetable Soup with tofu Asian Vegetable Soup with spectral noodles Asian Vegetable Soup with tofu Asian Vegetable Soup with spectral noodles Asian Vegetable Soup with cabbage, jasmine rice and lem Balkan-style vegetables Asian Vegetables Soup with cabbage, jasmine rice and lem Balkan-style vegetables Asian Vegetables Asian Vegetable Soup with cabbage, jasmine rice and lem Balkan-style vegetables Asian Vegetables Asian Vegetable Soup with cabbage, jasmine rice and lem Balkan-style vegetables Asian Vegetables Asian Vegetables Asian Vegetable Soup with cabbage, jasmine rice and lem Balkan-style vegetables Asian Vegetables Asian Vegetables Soup with cabbage, jasmine rice and lem Balkan-style vegetables Asian Vegetables Asian Vegetables Asian Vegetable Soup with cabbage, jasmine rice and lem Balkan-style vegetables Asian V	Lunch 11.00 am to 1.30 pm									
## 4,00 € ## 1,10 € ## 1,	Remember to check out our alternative daily offers									
Monday 04.12.2023 Asian Vegetable Soup with tofu Notice and lem with spectral noodles Asian Vegetable Soup with tofu Notice and lem with spectral noodles Notice and lem with cabbage, jarmine rice and lem	Week	The state of the s		The state of the s		·				
Asian Vegetable Soup with tofu Onion pork with spaetzle noodles Onion pork with capicum sauce, potato wedges and Balkan-style vegetables Tuesday O5.12.2023 Carrot and orange soup Vanilla semolina pudding with hot cherries O5.12.2023 Carrot and orange soup Vanilla semolina pudding with hot cherries O5.12.2023 Carrot and orange soup Vanilla semolina pudding with hot cherries Cyros cutlet (pork) Cabbage salad with tzatziki on olives and potatoes Feta cheese in batter with ratatouille and bow-lie p O6.12.2023 Spicy bean soup with minced meat (pork) With mixed seasonal vegetables and risotto Thursday O7.12.2023 Minced meat and cheese soup (pork) with leeks Sausage goulash with tomatos and peppers, served with spirelli pasta With orange of the company with spirelli pasta Friday Finday Egg ragout Chicken wings with capicum sauce, potato wedges and selected with cabbage. Jamine rice and lem Seame plaice with capicum sauce, potato wedges and selected with cabbage. Jamine rice and lem Sesame plaice with cabbage. Jamine rice and lem Sesaus plaice with cabbage. Jamine rice and lem Sesaus plaice with cabbage. Jamine rice and lem Sesaus plaice with read-and sesaus plaice with	49.	```						·		
Asian Vegetable Soup with tofu With spaetzle noodles With spaetzle noodles With capicum sauce, potato wedges and Balkan-style vegetables Tuesday O5.12.2023 Carrot and orange soup Vanilla semolina pudding with hot cherries Vanilla semolina pudding with hot cherries Cyros cutlet (pork) cabbage salad with tratziki on olives and potatoes Wednesday O6.12.2023 Spicy bean soup with minced meat (pork) With minced meat (pork) With minced meat (pork) With minced meat (pork) Minced meat and cheese soup (pork) with leeks O7.12.2023 Minced meat and cheese soup (pork) with leeks With cabbage, jasmine rice and lem Source the port of the cabbage salad with tratziki on olives and potatoes Stuffed peppers with spicy sauce and potatoe puree With remoulades sauce and clabatta by with spicy sauce and potatoe puree With remoulades sauce and clabatta by with spicy sauce and potatoe puree With remoulades sauce and clabatta by with spicy sauce and potatoe puree With remoulades sauce and clabatta by with spicy sauce and potatoe puree With remoulades sauce and clabatta by with spicy sauce and potatoe puree With remoulades sauce and clabatta by with spicy sauce and potatoe puree Chicken breast 'au nature' with fried potatoes and fried egg Chicken breast 'au nature' with fried potatoes and fried egg Friday Friday Egg ragout Chicken with cabbage, jasmine rice and lem Sauce Lie Lie Lie With read lem Sauce Lie Lie With remoulades sauce and clabatta by with spicy sauce and potatoe puree Clausificour Piccatta With remoulades sauce and clabatta by with remoulades s	Monday	ELV	K.Cai	LLV	Kai	224	Kai	ZEV	KCBI	
Tuesday O5.12.2023 Carrot and orange soup Vanilla semolina pudding with hot cherries Salad platter with remoulade sauce and clabatta by with salad garnish Thursday O7.12.2023 Minced meat and cheese soup (pork) with leeks With mixed seasonal vegetables and risotto Sausage goulash with tomatos and peppers, served with spirelli pasta Sausage goulash with tomatos and peppers, served with spirelli pasta Sausage goulash with fried potatoes and fried egg Friday Egg ragout Cyros cutlet (pork) Feta cheese in batter with ratatouille and bow-tie pasta Stuffed peppers with field peppers with spirelli pasta Stuffed peppers with spirelli pasta Salad platter with fried potatoes and fried egg Chicken breast 'au naturel' with herbed mushrooms and gr	Ť					with capsicum sauce, potato wedges and		Sesame plaice with cabbage, jasmine rice and lemon sauce		
Carrot and orange soup Vanilla semolina pudding with hot cherries Sw. g 140 Sw. g 11 Sound Spicy bean soup with minced meat (pork) Of 12.2023 Chicken ragout with mixed seasonal vegetables and risotto Thursday Of 110 Minced meat and cheese soup (pork) with leeks Minced meat and cheese soup (pork) with tomatos and peppers, served with spirelli pasta Sausage goulash with fried potatoes and fried egg With give sauce and potatoe puree Sausage goulash with fried potatoes and fried egg Chicken breast 'au naturel' with fried potatoes and fried egg Chicken breast 'au naturel' with herbed mushrooms and gr		i	110	aw	690	aw, 1	690	aw, d, g, k	645	
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Spicy bean soup with minced meat (pork) Chicken ragout with mixed seasonal vegetables and risotto Stuffed peppers with spicy sauce and potatoe puree Cauliflower Piccatta with remoulade sauce and ciabatta by with salad garnish Thursday O7.12.2023 Minced meat and cheese soup (pork) with leeks Sausage goulash with tomatos and peppers, served with spirelli pasta Sausage goulash with fried potatoes and fried egg With fried potatoes and fried egg With fried potatoes and fried egg Surgest Chicken breast 'au naturel' with fried potatoes and fried egg With herbed mushrooms and great with spirelli pasta Friday Tarvets our with see fish and warmhay Egg ragout Chicken seast 'au fish of saudy with herbed mushrooms and great		aw, g	140	aw, g, 11	800	aw, c, g, 3, 11	610	aw, g, 1, 11	510	
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Friday Egg ragout Chidan quarter Glazed rabbit joint,	·			with tomatos and peppers, served with spirelli				Chicken breast 'au naturel' with herbed mushrooms and gnocchi		
Egg ragout Chidan quarter Glazed rabbit joint,		aw, i, g, 1	130	aw, j, 2, 3, 11	780	c, 3, 11	690	aw, g, 5	640	
o8.12.2023 with sed is if and electrified some with sed is if and electrified some with mixed summer vegetables and herbed potatoes with cream sauce, celeriac puree and peas and potato dumplings and potato dumplings	·	Tomato soup with sea fish and cucumber and fresh dill		with mixed summer vegetables and herbed		Chicken quarter with cream sauce, celeriac puree and peas		red cabbage with apple		
aw, d 90 aw, c, g, 3 350 aw, g, 3 690 aw, 11 60		aw, d	90	aw, c, g, 3	350	aw, g, 3	690	aw, 11	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

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