

Im Technologiepark 1 \* 15236 Frankfurt (Oder)

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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

at

Cafeteria

**IHP GmbH** vegan dísh

Remember to check out our alternative daily offers								
Week	Soup of the day		Once-course meal		Main dish		Trend food	
	1,10 €		4,00 €		4,50 €		5,00 €	
50.	from the sou	• •		day <u>or</u> 1 small soup of the day 0,1 l	please choose from our da		please choose from our dai	
Monday	ZZV	kcal	ZZV	kcal	ZZV	kcal	ZZV	kcal
Wienday	Rice		Herb quark		Farmhouse-style goulash (vegetables, cucumber, onions) with potatoes and		Fried fillet of pollock served on a bed of mediterranean vegetables, with	
11.12.2023								
	with chicken and root vegetables		with linseed oil and boiled potatoes		sugar peas		tagliatelle	
	i	80	g, 3	570	aw, 3, 11	690	aw, d	610
Tuesday								
	Portuguese fish hotpot (Paprika, saithe, creme fraiche)		Kaiserschmarrn (pancake strips) with raisins, apple compote and icing sugar		Battered slice of Bologna-style sausage with tomato sauce and macaroni chips		Stuffed sweet potato pocket (herbed cream cheese) with chive quark and salad garnish	
12.12.2023								
			apple compore and leng sugar					
	d, i	110	aw, c, g, 11	690	aw, c, j, 2, 3, 11	580	aw, c, g	610
Wednesday	,		. 7.70				7.70	
	Thick Vegetable soup		Solyanka 'Ukrainian style' with sour cream,		Backfish fillet (pollack) with cucumber dill sour cream and mashed		Baked camembert cheese with peach and cranberry and salad bouquet	
13.12.2023								
	with croutons		served with a slice of bread		potatoes		possi and cranterly and saida bouquet	
					·			
Thomadau	aw, i, g	130	aw, ar, g, j, 1, 2, 3, 4, 11	520	aw, c, d, 2, 3, 11	710	aw, c	340
Thursday					Martinez, 11 C			
14.12.2023	Carrot and orange soup		Stir-fried kale with sausage		Marinated beef with red cabbage and apple, served with potato dumplings		Fried fillet of cod with fried potatoes and fried egg	
11.12.2025								
	aw	90	i, j, 2, 3, 11	710	aw, 11	700	aw, c, d, 3	710
Friday								
	Cream of spinach soup royale		Italian stir-fried pasta		Fiery lenticular thaler		Berlin-style cured pork knuckle	
15.12.2023			with meatballs (courgettes, mushrooms, tomatoes and sweetcorn)		with steamed green cabbage and fresh cheese yogurt dip		with marjoram stock, pea puree and pickled cabbage	
	с	120	aw, c, g	430	aw, c, g, 1	460	2, 11	730
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