

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 Lunch 11.00 am to 1.30 pm

pasta dísh

without meat

vegan dísh

Cafeteria at

the

**IHP GmbH** 

Described to shad out our slave with different									
Remember to check out our alternative daily offers									
Week	Soup of the day		Once-course meal		Main dish		Trend food		
week	1,25 €		4,40 €		4,90 €		5,50 €		
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51.	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									
			Long-grain rice						
16.12.2024	Cream of potato soup		with poultry and root vegetables, served with a		Battered slice of Bologna-style sausage		Sesame plaice		
			slice of wholegrain bread		with tomato sauce and spirelli pasta		with cabbage, jasmine rice and lemon sauce		
			8						
								1	
<b>-</b> .	i, 3	120	aw, ar, i	390	aw, c, j, 2, 3, 11	580	aw, d, g, k	645	
Tuesday	Chick pea soup		2 boiled eggs		Krusty chicken drumsticks		Stuffed beef à la maison		
17.12.2024	with cumin and parsley		with mustard sauce,		on colorful roasted vegetables served with potato		with apple and red cabbage, served with		
	The same and parsey		boiled potatoes and beetroot salad		chips and garlic dip		dumplings		
	aw	120	aw, c, g, j, 3, 11	610	aw, g, i	710	aw, 2, 3, 11	630	
Wednesday									
			Spring roll on Asian rice pan		Home-made burger		Fried fillet of perch		
18.12.2024	Cream of asparagus soup								
			(with vegetable peppers, soy sauce and green peas)		with gravy, potatoes and mixed vegetables		with courgettes and basmati rice		
			(						
				510		610		500	
71	aw, g	112	aw, c, e, f, g, i	510	aw, c, j, 3	610	aw, d	590	
Thursday			Home-made pancakes with sugar and applesauce or sweet vanilla quark		Greek platter (gyros, cevapcici) with tomato-rice and herb salad		Penne with chicken, Prosciutto (Italian ham specialty), mushrooms and Parmesan		
	Thick								
19.12.2024	cream of courgette soup								
	9								
	aw, g	120	aw, g	900	aw, 11	640	aw, g, 1, 2, 3, 11	690	
Friday									
						Alaskan Salmon Filet		Pork cutlet 'Strindberg'-style	
20.12.2024	Lentil soup		Spaghetti 'Carbonara'		with dill sauce, boiled potatoes and cucumber		(in onion-mustard-egg batter)		
	with diced bacon		with ham and cheese sauce		salad		with buttered peas and potato chips		
	i, 2, 8	140	aw, g, i, 1, 2, 3, 11	610	aw, d, g, i, 3, 11	590	aw, c, 11	730	
	1, 2, 8	140				390	dW, C, 11	730	
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 i) celery (-products) j) Mustard (-products) k) Sesame (-products) l) Sulphur dioxide and sulphites> 10 mg / kg / l m) lupine (-products) n) molluses (-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