

	Hétfő 09.14	Kedd 09.15	Szerda 09.16	Csütörtök 09.17	Péntek 09.18
Tízórai	Barackos tea EN: 32.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.1 g; CK: 8.1 g; FH: 0.0 g; SÓ: 0.0 g; Marha párizsi EN: 72.0 kcal; ZS: 6.3 g; TZS: 2.5 g; SZH: 0.5 g; CK: 0.1 g; FH: 3.3 g; SÓ: 0.5 g; Margarin EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; vizes zsemle (1;) EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; Kígyóuborka EN: 3.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g;	Erdei gyümölcs tea EN: 32.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g; eurofood csirkepástétom EN: 79.2 kcal; ZS: 6.6 g; TZS: 1.6 g; SZH: 1.5 g; CK: 0.0 g; FH: 3.4 g; SÓ: 0.4 g; vizes zsemle (1;) EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; Paprika EN: 36.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.6 g; CK: 0.0 g; FH: 1.7 g; SÓ: 0.0 g;	Citromos tea EN: 32.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.1 g; CK: 8.1 g; FH: 0.0 g; SÓ: 0.0 g; sült paprikakrém EN: 37.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.9 g; CK: 0.1 g; FH: 0.3 g; SÓ: 0.0 g; vizes zsemle (1;) EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; Jégcsapretek EN: 4.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.7 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g;	Málna tea EN: 32.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.1 g; CK: 8.1 g; FH: 0.0 g; SÓ: 0.0 g; Mátrai csemege szalámi EN: 96.0 kcal; ZS: 9.0 g; TZS: 3.8 g; SZH: 0.2 g; CK: 0.1 g; FH: 3.6 g; SÓ: 0.6 g; Margarin EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; vizes zsemle (1;) EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; Paprika EN: 36.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.6 g; CK: 0.0 g; FH: 1.7 g; SÓ: 0.	