

|         | Hétfő<br>02.23                                                                               | Kedd<br>02.24                                                                                 | Szerda<br>02.25                                                                                   | Csütörtök<br>02.26                                                                           | Péntek<br>02.27                                                                                       |
|---------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| Tízórai | <b>Forralt rizstej</b><br>EN:130.0kcal ZS:2.6g TZS:0.4g SZH:26.0g CK:9.6g FH:0.8g SÓ:0.2g    | <b>Karamellás rizstej</b><br>EN:137.5kcal ZS:2.3g TZS:0.4g SZH:28.4g CK:13.6g FH:0.7g SÓ:0.1g | <b>Málnatea - (12;)</b><br>EN:20.5kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g          | <b>Vaníliás rizstej</b><br>EN:157.0kcal ZS:2.3g TZS:0.4g SZH:33.4g CK:18.6g FH:0.7g SÓ:0.1g  | <b>Gyümölcstea (12;)</b><br>EN:20.5kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g             |
|         | <b>Magyaros margarinkrém</b><br>EN:0.2kcal ZS:0.0g TZS:0.0g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.0g | <b>Mini margarin</b><br>EN:31.5kcal ZS:3.5g TZS:0.8g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.0g         | <b>Olasz felvágott</b><br>EN:47.2kcal ZS:4.0g TZS:1.5g SZH:0.4g CK:0.0g FH:2.4g SÓ:0.4g           | <b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g FH:0.0g SÓ:0.1g                              | <b>Sonkakrém szárnyashússal (6;)</b><br>EN:37.6kcal ZS:3.0g TZS:0.9g SZH:1.5g CK:0.0g FH:1.3g SÓ:0.3g |
| Uzsonna | <b>Teljes kiőrlésű kenyér (1;)</b><br>EN:97.6kcal ZS:0.4g TZS:0.2g SZH:20.0g FH:2.9g SÓ:0.6g | <b>Zsemle (1;)</b><br>EN:168.5kcal ZS:4.3g SZH:26.4g FH:5.1g                                  | <b>Mini margarin</b><br>EN:31.5kcal ZS:3.5g TZS:0.8g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.0g             | <b>Zsemle (1;)</b><br>EN:168.5kcal ZS:4.3g SZH:26.4g FH:5.1g                                 | <b>Teljes kiőrlésű kenyér (1;)</b><br>EN:97.6kcal ZS:0.4g TZS:0.2g SZH:20.0g FH:2.9g SÓ:0.6g          |
|         | <b>Kígyóuborka</b><br>EN:2.4kcal ZS:0.0g TZS:0.0g SZH:0.3g CK:0.0g FH:0.2g SÓ:0.0g           |                                                                                               | <b>Zsemle (1;)</b><br>EN:168.5kcal ZS:4.3g SZH:26.4g FH:5.1g                                      |                                                                                              |                                                                                                       |
|         | <b>Pulyka sonka</b><br>EN:17.4kcal ZS:0.5g TZS:0.1g SZH:0.5g FH:3.0g SÓ:0.2g                 | <b>Csirkemell sonka</b><br>EN:21.8kcal ZS:0.9g TZS:0.3g SZH:0.4g CK:0.1g FH:3.0g SÓ:0.4g      | <b>Zöldfűszeres margarinkrém</b><br>EN:36.1kcal ZS:4.0g TZS:1.2g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.2g | <b>Halkrém (4;6;)</b><br>EN:42.6kcal ZS:3.5g TZS:1.1g SZH:0.1g CK:0.0g FH:2.6g SÓ:0.2g       | <b>Mini lekvár</b><br>EN:60.8kcal SZH:14.5g CK:12.8g                                                  |
|         | <b>Mini margarin</b><br>EN:31.5kcal ZS:3.5g TZS:0.8g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.0g        | <b>Mini margarin</b><br>EN:31.5kcal ZS:3.5g TZS:0.8g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.0g         | <b>Teljes kiőrlésű kenyér (1;)</b><br>EN:97.6kcal ZS:0.4g TZS:0.2g SZH:20.0g FH:2.9g SÓ:0.6g      | <b>Teljes kiőrlésű kenyér (1;)</b><br>EN:97.6kcal ZS:0.4g TZS:0.2g SZH:20.0g FH:2.9g SÓ:0.6g | <b>Mini margarin</b><br>EN:31.5kcal ZS:3.5g TZS:0.8g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.0g                 |
|         | <b>Zsemle (1;)</b><br>EN:168.5kcal ZS:4.3g SZH:26.4g FH:5.1g                                 | <b>Teljes kiőrlésű kenyér (1;)</b><br>EN:97.6kcal ZS:0.4g TZS:0.2g SZH:20.0g FH:2.9g SÓ:0.6g  | <b>Póréhagyma</b><br>EN:9.5kcal ZS:0.1g SZH:1.7g FH:0.6g                                          | <b>Kaliforniai paprika</b><br>EN:6.0kcal ZS:0.0g TZS:0.0g SZH:0.9g CK:0.5g FH:0.3g SÓ:0.0g   | <b>Zsemle (1;)</b><br>EN:168.5kcal ZS:4.3g SZH:26.4g FH:5.1g                                          |
|         |                                                                                              | <b>Jégcsapretek</b><br>EN:3.0kcal ZS:0.0g TZS:0.0g SZH:0.4g CK:0.0g FH:0.2g SÓ:0.0g           |                                                                                                   |                                                                                              |                                                                                                       |