

	Hétfő 05.11	Kedd 05.12	Szerda 05.13	Csütörtök 05.14	Péntek 05.15
<b>Tízórai</b>	<b>Erdei gyümölcs tea szőlőcukorral</b> EN: 26.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.3 g; CK: 6.3 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Tavaszi felvágott</b> EN: 83.1 kcal; ZS: 7.2 g; TZS: 3.0 g; SZH: 1.0 g; CK: 0.2 g; FH: 3.6 g; SÓ: 0.7 g; <b>Margarin</b> 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; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg;	<b>Poharas tej (7;)</b> EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g; CA: 240.0 mg; <b>Margarin</b> 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; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg;	<b>Poharas tej (7;)</b> EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g; CA: 240.0 mg; <b>Brokkolikrém</b> EN: 86.4 kcal; ZS: 9.1 g; TZS: 4.2 g; SZH: 1.2 g; CK: 0.3 g; FH: 0.7 g; SÓ: 0.3 g; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg;	<b>Erdei gyümölcs tea szőlőcukorral</b> EN: 26.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.3 g; CK: 6.3 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Fűszeres gombakrém</b> EN: 59.6 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.4 g; CK: 0.1 g; FH: 0.7 g; SÓ: 0.4 g; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg;	<b>Poharas tej (7;)</b> EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g; CA: 240.0 mg; <b>Baromfi párizsi</b> EN: 47.4 kcal; ZS: 3.5 g; TZS: 1.1 g; SZH: 0.8 g; CK: 0.1 g; FH: 3.1 g; SÓ: 0.6 g; <b>Margarin</b> 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; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg;
<b>Ebéd</b>	<b>Sertés raguleves (1;9;)</b> EN: 126.8 kcal; ZS: 5.2 g; TZS: 1.1 g; SZH: 7.7 g; CK: 1.7 g; FH: 10.7 g; SÓ: 1.2 g; CA: 0.0 mg; <b>Káposztás kocka D (1;)</b> EN: 308.4 kcal; ZS: 4.3 g; TZS: 0.6 g; SZH: 56.4 g; CK: 2.5 g; FH: 10.2 g; SÓ: 0.9 g; CA: 0.0 mg;	<b>Csontleves tésztával (1;9;)</b> EN: 89.3 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 17.2 g; CK: 3.2 g; FH: 3.5 g; SÓ: 2.3 g; CA: 0.0 mg; <b>Natúr csirkemell szelet</b> EN: 124.7 kcal; ZS: 4.8 g; TZS: 1.1 g; SZH: 0.1 g; CK: 0.0 g; FH: 19.1 g; SÓ: 0.6 g; CA: 0.0 mg; <b>Paraj mártás (1;)</b> EN: 109.4 kcal; ZS: 1.5 g; TZS: 0.3 g; SZH: 20.7 g; CK: 4.1 g; FH: 3.0 g; SÓ: 1.0 g; CA: 0.0 mg; <b>Főtt burgonya 1/2 (12;)</b> EN: 188.0 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 36.8 g; CK: 0.0 g; FH: 5.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Kókuszcukor szőlőcukorral (1;12;)</b> EN: 185.6 kcal; ZS: 6.9 g; TZS: 4.5 g; SZH: 25.6 g; CK: 12.7 g; FH: 3.3 g; SÓ: 0.2 g; CA: 0.0 mg;	<b>Karalábé leves</b> EN: 45.2 kcal; ZS: 1.8 g; TZS: 0.2 g; SZH: 6.2 g; CK: 1.4 g; FH: 1.4 g; SÓ: 0.1 g; CA: 0.0 mg; <b>Csirkehúsos rizottó</b> EN: 562.8 kcal; ZS: 11.3 g; TZS: 2.3 g; SZH: 87.8 g; CK: 0.3 g; FH: 27.8 g; SÓ: 2.2 g; CA: 0.0 mg;	<b>Lebbencs leves Diéta (1;9;12;)</b> EN: 142.1 kcal; ZS: 6.6 g; TZS: 1.2 g; SZH: 16.9 g; CK: 0.5 g; FH: 2.8 g; SÓ: 1.1 g; CA: 0.0 mg; <b>Párolt sertésszelet</b> EN: 127.0 kcal; ZS: 6.3 g; TZS: 1.7 g; SZH: 0.0 g; CK: 0.0 g; FH: 16.4 g; SÓ: 0.9 g; CA: 0.0 mg; <b>Cukkíni főzelék</b> EN: 53.2 kcal; ZS: 0.5 g; TZS: 0.0 g; SZH: 10.3 g; CK: 0.7 g; FH: 1.6 g; SÓ: 0.7 g; CA: 0.0 mg;	<b>Zöldségreggeli (1;9;)</b> EN: 45.6 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 9.0 g; CK: 0.9 g; FH: 1.7 g; SÓ: 1.8 g; CA: 0.0 mg; <b>Sült csirkecombfilé</b> EN: 116.0 kcal; ZS: 5.0 g; TZS: 1.2 g; SZH: 0.4 g; CK: 0.0 g; FH: 16.7 g; SÓ: 1.9 g; CA: 0.0 mg; <b>Bulgur köret (1;)</b> EN: 278.5 kcal; ZS: 3.1 g; TZS: 0.2 g; SZH: 52.5 g; CK: 7.5 g; FH: 9.8 g; SÓ: 0.3 g; CA: 0.0 mg; <b>Párolt zöldségköret 1/2</b> EN: 40.5 kcal; ZS: 2.0 g; TZS: 0.2 g; SZH: 2.7 g; CK: 1.8 g; FH: 1.8 g; SÓ: 0.5 g; CA: 0.0 mg;
<b>Uzsonna</b>	<b>Sárgarépás margarin</b> EN: 116.0 kcal; ZS: 12.0 g; TZS: 3.8 g; SZH: 1.7 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.1 g; CA: 0.0 mg; <b>vizes zsemle (1;)</b> 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; CA: 0.0 mg; <b>Kígyóborka</b> 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; CA: 0.0 mg;	<b>Házi sertés húskrém</b> EN: 111.6 kcal; ZS: 9.4 g; TZS: 4.2 g; SZH: 0.1 g; CK: 0.0 g; FH: 6.2 g; SÓ: 0.1 g; CA: 0.0 mg; <b>vizes kifli (1;)</b> 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; CA: 0.0 mg;	<b>Prágai pulyka sonka</b> EN: 25.0 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 1.0 g; CK: 0.1 g; FH: 4.5 g; SÓ: 0.8 g; <b>Margarin</b> 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; CA: 0.0 mg; <b>vizes zsemle (1;)</b> 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; CA: 0.0 mg;	<b>Bécsi felvágott</b> EN: 58.2 kcal; ZS: 5.2 g; TZS: 2.2 g; SZH: 0.5 g; CK: 0.1 g; FH: 2.4 g; SÓ: 0.3 g; <b>Margarin</b> 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; CA: 0.0 mg; <b>vizes kifli (1;)</b> 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; CA: 0.0 mg; <b>Hónapos retek</b> EN: 7.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.1 g; CK: 0.0 g; FH: 0.6 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Natúr joghurt (7;)</b> EN: 91.5 kcal; ZS: 5.3 g; TZS: 3.4 g; SZH: 5.7 g; CK: 5.7 g; FH: 4.9 g; SÓ: 0.1 g; CA: 180.0 mg; <b>vizes kifli (1;)</b> 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; CA: 0.0 mg;