

	Hétfő 05.11	Kedd 05.12	Szerda 05.13	Csütörtök 05.14	Péntek 05.15
<b>Tízórai</b>	<b>Gyümölcsstea</b> EN: 32.9 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; 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: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Gluténmentes kenyér</b> EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; <b>Jégcsapretek</b> EN: 6.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Kakaós rizsital</b> EN: 156.3 kcal; ZS: 2.8 g; TZS: 0.5 g; SZH: 31.8 g; CK: 15.3 g; FH: 1.0 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Margarin</b> EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Gluténmentes kenyér</b> EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;	<b>Rizs ital</b> EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g; CA: 0.0 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>Gluténmentes kenyér</b> EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; <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>Gyümölcsstea</b> EN: 32.9 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; CA: 0.0 mg; <b>Házi babkrém</b> EN: 93.4 kcal; ZS: 6.2 g; TZS: 2.0 g; SZH: 7.0 g; CK: 0.0 g; FH: 3.6 g; SÓ: 0.4 g; CA: 0.0 mg; <b>Gluténmentes kenyér</b> EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;	<b>Rizs ital</b> EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g; CA: 0.0 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: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Gluténmentes kenyér</b> EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; <b>Paprika</b> EN: 30.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.7 g; CK: 0.0 g; FH: 1.4 g; SÓ: 0.0 g;
<b>Ebéd</b>	<b>Sertés raguleves</b> EN: 168.2 kcal; ZS: 8.6 g; TZS: 1.6 g; SZH: 9.7 g; CK: 2.2 g; FH: 11.7 g; SÓ: 1.2 g; CA: 0.0 mg; <b>Káposztás kocka</b> EN: 368.3 kcal; ZS: 4.6 g; TZS: 0.4 g; SZH: 75.1 g; CK: 5.8 g; FH: 6.3 g; SÓ: 1.5 g; CA: 0.0 mg; <b>körte</b> EN: 52.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 12.0 g; CK: 1.5 g; FH: 0.4 g; SÓ: 0.0 g;	<b>Csontleves</b> EN: 25.0 kcal; ZS: 0.7 g; TZS: 0.2 g; SZH: 4.6 g; CK: 2.1 g; FH: 0.9 g; SÓ: 0.4 g; CA: 0.0 mg; <b>Natúr csirkeemell szelet</b> EN: 139.3 kcal; ZS: 5.4 g; TZS: 1.2 g; SZH: 0.1 g; CK: 0.0 g; FH: 21.2 g; SÓ: 0.7 g; CA: 0.0 mg; <b>Paraj mártás</b> EN: 60.0 kcal; ZS: 1.2 g; TZS: 0.2 g; SZH: 10.8 g; CK: 3.7 g; FH: 1.4 g; SÓ: 1.0 g; CA: 0.0 mg; <b>Főtt burgonya (12;)</b> EN: 206.8 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 40.5 g; CK: 0.0 g; FH: 5.5 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Kakaós golyó</b> EN: 224.9 kcal; ZS: 2.2 g; TZS: 0.9 g; SZH: 45.3 g; CK: 17.4 g; FH: 3.7 g; SÓ: 0.1 g; CA: 0.0 mg;	<b>Fahéjas szilvaleves</b> EN: 121.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 26.9 g; CK: 16.5 g; FH: 1.1 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Csirkehúsos rizottó</b> EN: 633.2 kcal; ZS: 12.7 g; TZS: 2.6 g; SZH: 98.8 g; CK: 0.4 g; FH: 31.3 g; SÓ: 2.4 g; CA: 0.0 mg; <b>Csemege uborka * (10;12;)</b> EN: 7.7 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.3 g; CK: 0.3 g; FH: 0.6 g; SÓ: 1.2 g; CA: 0.0 mg;	<b>Lebbencsleves (12;)</b> EN: 153.5 kcal; ZS: 5.8 g; TZS: 0.6 g; SZH: 21.9 g; CK: 0.1 g; FH: 2.3 g; SÓ: 1.2 g; CA: 0.0 mg; <b>Párolt sertésszelet</b> EN: 143.1 kcal; ZS: 7.2 g; TZS: 2.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 18.4 g; SÓ: 0.9 g; CA: 0.0 mg; <b>Finomfőzelék</b> EN: 255.3 kcal; ZS: 8.2 g; TZS: 0.9 g; SZH: 38.6 g; CK: 6.5 g; FH: 5.9 g; SÓ: 1.4 g; CA: 0.0 mg; <b>Alma</b> EN: 35.0 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 7.0 g; CK: 4.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Paradicsomleves</b> EN: 192.8 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 33.4 g; CK: 14.1 g; FH: 3.6 g; SÓ: 0.9 g; CA: 0.0 mg; <b>Sült csirkecomb</b> EN: 374.9 kcal; ZS: 22.5 g; TZS: 0.3 g; SZH: 2.2 g; CK: 0.0 g; FH: 39.6 g; SÓ: 1.0 g; CA: 0.0 mg; <b>Párolt köles</b> EN: 222.2 kcal; ZS: 5.8 g; TZS: 0.9 g; SZH: 36.0 g; CK: 3.0 g; FH: 5.5 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Párolt zöldségköret 1/2</b> EN: 49.1 kcal; ZS: 2.3 g; TZS: 0.3 g; SZH: 3.4 g; CK: 2.2 g; FH: 2.3 g; SÓ: 0.6 g; CA: 0.0 mg;
<b>Uzsonna</b>	<b>Sárgarépas margarín</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>Abonett</b> EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;	<b>Házi sertés húskrém</b> EN: 126.4 kcal; ZS: 10.1 g; TZS: 4.4 g; SZH: 0.1 g; CK: 0.0 g; FH: 8.2 g; SÓ: 0.1 g; CA: 0.0 mg; <b>Gluténmentes kenyér</b> EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; <b>Rágórépa</b> EN: 12.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 2.5 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>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: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Puffasztott rizs</b> EN: 75.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.7 g; CK: 0.2 g; FH: 1.6 g; SÓ: 0.0 g; <b>Paprika</b> EN: 30.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.7 g; CK: 0.0 g; FH: 1.4 g; SÓ: 0.0 g;	<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: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Gluténmentes kenyér</b> EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; <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>Céklás margarín</b> EN: 102.9 kcal; ZS: 10.5 g; TZS: 5.3 g; SZH: 1.5 g; CK: 1.4 g; FH: 0.3 g; SÓ: 0.2 g; <b>Abonett</b> EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;