

| | Hétfő 05.11 | Kedd 05.12 | Szerda 05.13 | Csütörtök 05.14 | Péntek 05.15 |
|----------------|--|--|--|---|---|
| Tízórai | Gyümölcsstea 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; Tavaszi felvágott 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; Margarin 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; Gluténmentes kenyér 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; Jégcsapretek 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; | Kakaós rizsital 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; Margarin 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; Gluténmentes kenyér 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; | Rizs ital 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; Brokkolikrém 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; Gluténmentes kenyér 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; Hónapos retek 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; | Gyümölcsstea 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; Házi babkrém 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; Gluténmentes kenyér 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; | Rizs ital 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; Baromfi párizsi 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; Margarin 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; Gluténmentes kenyér 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; Paprika 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; |
| Ebéd | Sertés raguleves 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; Káposztás kocka 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; körte 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; | Csontleves 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; Natúr csirkeemell szelet 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; Paraj mártás 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; Főtt burgonya (12;) 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; Kakaós golyó 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; | Fahéjas szilvaleves 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; Csirkehúsos rizottó 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; Csemege uborka * (10;12;) 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; | Lebencsleves (12;) 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; Párolt sertésszelet 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; Finomfőzelék 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; Alma 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; | Paradicsomleves 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; Sült csirkecomb 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; Párolt köles 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; Párolt zöldségköret 1/2 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; |
| Uzsonna | Sárgarépás margarin 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; Abonett 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; | Házi sertés húskrém 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; Gluténmentes kenyér 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; Rágórépa 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; | Pulyka sonka 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; Margarin 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; Puffasztott rizs 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; Paprika 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; | Bécsi felvágott 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; Margarin 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; Gluténmentes kenyér 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; Hónapos retek 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; | Céklás margarin 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; Abonett 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; |