

	Hétfő 05.11	Kedd 05.12	Szerda 05.13	Csütörtök 05.14	Péntek 05.15
<b>Reggeli</b>	<b>Erdei gyümölcs tea</b> EN: 18.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Tavaszi felvágott</b> EN: 41.6 kcal; ZS: 3.6 g; TZS: 1.5 g; SZH: 0.5 g; CK: 0.1 g; FH: 1.8 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>teljeskiőrlésű kenyér (1;)</b> EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.4 g; CA: 0.0 mg; <b>Jégcsapretek</b> EN: 3.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.4 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Kakaós rizsital</b> EN: 79.6 kcal; ZS: 1.4 g; TZS: 0.3 g; SZH: 16.2 g; CK: 8.0 g; FH: 0.5 g; SÓ: 0.1 g; CA: 0.0 mg; <b>Álomsonka</b> EN: 13.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 0.8 g; CK: 0.1 g; FH: 2.4 g; SÓ: 0.4 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: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.4 g; CA: 0.0 mg;	<b>Rizs ital</b> EN: 65.0 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 13.0 g; CK: 4.8 g; FH: 0.4 g; SÓ: 0.1 g; CA: 0.0 mg; <b>Brokkolikrém</b> EN: 28.7 kcal; ZS: 3.0 g; TZS: 1.4 g; SZH: 0.4 g; CK: 0.1 g; FH: 0.2 g; SÓ: 0.2 g; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.4 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>Erdei gyümölcs tea</b> EN: 18.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Házi bakkrém</b> EN: 57.5 kcal; ZS: 4.4 g; TZS: 1.4 g; SZH: 3.4 g; CK: 0.0 g; FH: 1.7 g; SÓ: 0.2 g; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.4 g; CA: 0.0 mg;	<b>Rizs ital</b> EN: 65.0 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 13.0 g; CK: 4.8 g; FH: 0.4 g; SÓ: 0.1 g; CA: 0.0 mg; <b>Baromfi párizsi</b> EN: 23.7 kcal; ZS: 1.8 g; TZS: 0.6 g; SZH: 0.4 g; CK: 0.1 g; FH: 1.6 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>teljeskiőrlésű kenyér (1;)</b> EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.4 g; CA: 0.0 mg; <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; CA: 0.0 mg;
<b>Tízórai</b>	<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>Gyümölcs turmix (alma-körte)</b> EN: 121.2 kcal; ZS: 1.9 g; TZS: 0.3 g; SZH: 24.9 g; CK: 9.4 g; FH: 0.7 g; SÓ: 0.1 g; CA: 0.0 mg;	<b>Banán turmix</b> EN: 132.5 kcal; ZS: 1.6 g; TZS: 0.2 g; SZH: 28.2 g; CK: 13.8 g; FH: 1.1 g; SÓ: 0.1 g; CA: 0.0 mg;	<b>Nektarin</b> EN: 24.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.7 g; CK: 4.0 g; FH: 0.2 g; SÓ: 0.0 g;	<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>Ebéd</b>	<b>Sertés raguleves (1;9;)</b> EN: 79.2 kcal; ZS: 3.3 g; TZS: 0.7 g; SZH: 4.8 g; CK: 1.0 g; FH: 6.7 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Puliszka</b> EN: 101.4 kcal; ZS: 2.9 g; TZS: 1.3 g; SZH: 16.2 g; CK: 0.6 g; FH: 2.0 g; SÓ: 0.5 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>Natúr csirkemell szelet</b> EN: 95.6 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 14.8 g; SÓ: 0.4 g; CA: 0.0 mg; <b>Paraj mártás (1;)</b> EN: 54.7 kcal; ZS: 0.8 g; TZS: 0.2 g; SZH: 10.4 g; CK: 2.0 g; FH: 1.5 g; SÓ: 0.5 g; CA: 0.0 mg; <b>Főtt burgonya 1/2 (12;)</b> EN: 112.8 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 22.1 g; CK: 0.0 g; FH: 3.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Kókuszgolyó (1;12;)</b> EN: 200.5 kcal; ZS: 6.8 g; TZS: 4.4 g; SZH: 29.4 g; CK: 16.3 g; FH: 3.2 g; SÓ: 0.2 g; CA: 0.0 mg;	<b>Csirkehúsos rakott vegyes zöldség</b> EN: 144.1 kcal; ZS: 5.7 g; TZS: 1.0 g; SZH: 14.3 g; CK: 1.9 g; FH: 8.2 g; SÓ: 0.1 g; CA: 0.0 mg;	<b>Párolt sertésszelet</b> EN: 71.0 kcal; ZS: 4.0 g; TZS: 1.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 8.2 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Finomfőzelék (1;)</b> EN: 159.7 kcal; ZS: 5.0 g; TZS: 0.6 g; SZH: 24.3 g; CK: 4.0 g; FH: 3.9 g; SÓ: 0.9 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>Sült csirkecombfilé</b> EN: 59.5 kcal; ZS: 2.7 g; TZS: 0.6 g; SZH: 0.2 g; CK: 0.0 g; FH: 8.4 g; SÓ: 1.3 g; CA: 0.0 mg; <b>Bulgur köret (1;)</b> EN: 133.6 kcal; ZS: 1.9 g; TZS: 0.1 g; SZH: 24.5 g; CK: 3.5 g; FH: 4.6 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Párolt zöldségköret 1/2</b> EN: 26.6 kcal; ZS: 1.4 g; TZS: 0.2 g; SZH: 1.7 g; CK: 1.1 g; FH: 1.2 g; SÓ: 0.4 g; CA: 0.0 mg;
<b>Uzsonna</b>	<b>Sárgarépás margarin</b> EN: 58.0 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.8 g; CK: 0.0 g; FH: 0.1 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>Kígyóúborboka</b> EN: 2.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.3 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Rizs ital</b> EN: 65.0 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 13.0 g; CK: 4.8 g; FH: 0.4 g; SÓ: 0.1 g; CA: 0.0 mg;	<b>Házi sertés húskrém</b> EN: 89.0 kcal; ZS: 8.4 g; TZS: 3.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 3.1 g; SÓ: 0.1 g; CA: 0.0 mg; <b>vizes kifli (1;)</b> EN: 69.7 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.0 g; CK: 0.4 g; FH: 2.2 g; SÓ: 0.3 g; CA: 0.0 mg; <b>Rágórépa</b> EN: 8.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Citromos tea</b> EN: 18.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Prágai pulyka sonka</b> EN: 12.5 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 0.5 g; CK: 0.1 g; FH: 2.3 g; SÓ: 0.4 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>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; CA: 0.0 mg; <b>Barackos tea</b> EN: 18.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Bécsi felvágott</b> EN: 43.7 kcal; ZS: 3.9 g; TZS: 1.7 g; SZH: 0.3 g; CK: 0.0 g; FH: 1.8 g; SÓ: 0.2 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: 69.7 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.0 g; CK: 0.4 g; FH: 2.2 g; SÓ: 0.3 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>Rizs ital</b> EN: 65.0 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 13.0 g; CK: 4.8 g; FH: 0.4 g; SÓ: 0.1 g; CA: 0.0 mg;	<b>Céklás margarin</b> EN: 65.1 kcal; ZS: 7.0 g; TZS: 3.5 g; SZH: 0.4 g; CK: 0.4 g; FH: 0.1 g; SÓ: 0.1 g; <b>vizes kifli (1;)</b> EN: 69.7 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.0 g; CK: 0.4 g; FH: 2.2 g; SÓ: 0.3 g; CA: 0.0 mg; <b>Epres tea</b> EN: 20.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 5.0 g; CK: 5.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;