

|         | Hétfő<br>02.09                                                                                                                                                                                                                                                                                                                                                | Kedd<br>02.10                                                                                                                                                                                                                                              | Szerda<br>02.11                                                                                                                                                                                                                                                                                                                                                                           | Csütörtök<br>02.12                                                                                                                                                                                                                                                                                                                                             | Péntek<br>02.13                                                                                                                                                                                                                                                                                                                                                                                                                 |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Reggeli | <b>Gyümölcsstea (12;)</b><br>EN:20.5kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g<br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g FH:0.0g SÓ:0.1g<br><br><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<br><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>Tejeskávé (1;7;)</b><br>EN:52.4kcal ZS:1.3g TZS:0.8g SZH:7.3g CK:6.2g FH:2.9g SÓ:0.1g<br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g FH:0.0g SÓ:0.1g<br><br><b>Stangli (1;6;7;13;)</b><br>EN:145.5kcal ZS:6.1g SZH:18.8g FH:2.8g SÓ:0.4g            | <b>Gyümölcsstea (12;)</b><br>EN:20.5kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g<br><b>Sajtkrém (7;)</b><br>EN:14.3kcal ZS:1.2g TZS:0.8g SZH:0.5g CK:0.5g FH:0.4g SÓ:0.1g<br><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>Forralt tej (7;)</b><br>EN:46.0kcal ZS:1.5g TZS:1.0g SZH:5.0g CK:5.0g FH:3.3g SÓ:0.1g<br><b>Trappista sajt (7;)</b><br>EN:29.7kcal ZS:2.1g TZS:1.4g SZH:0.2g CK:0.0g FH:2.5g SÓ:0.2g<br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g FH:0.0g SÓ:0.1g<br><br><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>Hideg tej (7;)</b><br>EN:88.0kcal ZS:3.0g TZS:2.0g SZH:9.4g FH:5.8g SÓ:0.2g<br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g FH:0.0g SÓ:0.1g<br><br><b>Tavaszi felvágott</b><br>EN:41.6kcal ZS:3.6g TZS:1.5g SZH:0.5g CK:0.1g FH:1.8g SÓ:0.3g<br><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<br><b>Kaliforniai paprika</b><br>EN:6.0kcal ZS:0.0g SZH:0.9g CK:0.5g FH:0.3g |
| Tízórai | <b>Ivólé 1*-i</b><br>EN:92.0kcal SZH:22.6g CK:21.6g                                                                                                                                                                                                                                                                                                           | <b>Banán</b><br>EN:73.5kcal SZH:16.9g FH:0.9g                                                                                                                                                                                                              | <b>Mandarin</b><br>EN:31.5kcal SZH:6.9g FH:0.5g                                                                                                                                                                                                                                                                                                                                           | <b>alma</b><br>EN:21.0kcal ZS:0.2g SZH:4.2g FH:0.2g                                                                                                                                                                                                                                                                                                            | <b>Ivólé 1*-i</b><br>EN:92.0kcal SZH:22.6g CK:21.6g                                                                                                                                                                                                                                                                                                                                                                             |
| Ebéd    | <b>Tárkonyos raguleves (7;9;)</b><br>EN:117.3kcal ZS:7.3g TZS:2.2g SZH:4.0g CK:1.8g FH:9.0g SÓ:1.0g<br><b>Tejberizs (7;)</b><br>EN:197.7kcal ZS:2.3g TZS:1.5g SZH:37.2g CK:17.8g FH:7.3g SÓ:0.3g<br><b>Fahéjszórat</b><br>EN:35.0kcal ZS:0.0g TZS:0.0g SZH:8.8g CK:8.5g FH:0.0g SÓ:0.0g<br><b>alma</b><br>EN:21.0kcal ZS:0.2g SZH:4.2g FH:0.2g                | <b>Fasírt golyó (1;6;)</b><br>EN:20.8kcal ZS:1.9g TZS:0.2g SZH:0.5g CK:0.0g FH:0.4g SÓ:0.1g<br><b>Brokkolifőzelék (1;7;12;)</b><br>EN:100.9kcal ZS:4.6g TZS:1.4g SZH:12.2g CK:1.2g FH:3.3g SÓ:0.8g<br><b>Körte</b><br>EN:36.4kcal SZH:8.4g CK:1.1g FH:0.3g | <b>Minesztroneleves (1;9;)</b><br>EN:45.4kcal ZS:1.9g TZS:0.2g SZH:5.6g CK:0.6g FH:1.4g SÓ:0.6g<br><b>Sült csirkecomb</b><br>EN:106.1kcal ZS:7.4g TZS:1.9g SZH:0.1g CK:0.0g FH:9.1g SÓ:0.3g<br><b>Párolt bulgur (1;)</b><br>EN:214.2kcal ZS:5.0g TZS:0.4g SZH:35.4g CK:5.0g FH:6.6g SÓ:0.6g<br><b>Savanyúság * (10;)</b><br>EN:11.2kcal ZS:0.1g TZS:0.0g SZH:1.4g CK:0.8g FH:1.0g SÓ:0.4g | <b>Sertéspörkölt (1;)</b><br>EN:134.5kcal ZS:8.5g TZS:1.6g SZH:2.7g CK:0.3g FH:10.6g SÓ:1.0g<br><b>Sárgaborsófőzelék (1;)</b><br>EN:213.9kcal ZS:6.6g TZS:1.1g SZH:27.3g CK:2.5g FH:10.4g SÓ:0.6g<br><b>Narancs</b><br>EN:28.7kcal SZH:6.0g FH:0.4g                                                                                                            | <b>Natúr csirketokány</b><br>EN:61.4kcal ZS:2.8g TZS:0.6g SZH:0.0g CK:0.0g FH:8.5g SÓ:0.4g<br><b>Burgonyafőzelék (1;7;12;)</b><br>EN:178.7kcal ZS:5.7g TZS:1.6g SZH:25.6g CK:0.8g FH:3.7g SÓ:0.6g<br><b>Körte</b><br>EN:36.4kcal SZH:8.4g CK:1.1g FH:0.3g                                                                                                                                                                       |
| Uzsonna | <b>Vajkrém (7;)</b><br>EN:52.2kcal ZS:5.3g TZS:3.4g SZH:0.9g CK:0.3g FH:0.4g SÓ:0.1g<br><b>Félbarna kenyér (1;)</b><br>EN:106.3kcal ZS:0.6g TZS:0.0g SZH:20.7g CK:0.4g FH:3.8g SÓ:0.6g<br><b>Paprika</b><br>EN:6.0kcal ZS:0.0g SZH:0.9g FH:0.3g                                                                                                               | <b>Körözött (7;)</b><br>EN:34.9kcal ZS:1.9g TZS:1.3g SZH:0.9g CK:0.9g FH:3.5g SÓ:0.2g<br><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<br><b>Kígyóuborka</b><br>EN:2.4kcal ZS:0.0g SZH:0.3g FH:0.2g         | <b>Zala felvágott</b><br>EN:36.0kcal ZS:3.0g TZS:1.2g SZH:0.3g CK:0.1g FH:2.0g SÓ:0.3g<br><b>Vaj (7;)</b><br>EN:75.3kcal ZS:8.3g TZS:5.4g SZH:0.1g CK:0.1g FH:0.1g<br><b>Félbarna kenyér (1;)</b><br>EN:106.3kcal ZS:0.6g TZS:0.0g SZH:20.7g CK:0.4g FH:3.8g SÓ:0.6g<br><b>Jégcsapretek</b><br>EN:3.0kcal ZS:0.0g SZH:0.4g FH:0.2g                                                        | <b>Főtt tojás (3;)</b><br>EN:63.0kcal ZS:4.5g TZS:1.4g FH:5.4g<br><br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g FH:0.0g SÓ:0.1g<br><br><b>Félbarna kenyér (1;)</b><br>EN:106.3kcal ZS:0.6g TZS:0.0g SZH:20.7g CK:0.4g FH:3.8g SÓ:0.6g<br><b>Paprika</b><br>EN:6.0kcal ZS:0.0g SZH:0.9g FH:0.3g                                                           | <b>Kakaós csiga (1;7;)</b><br>EN:219.5kcal ZS:9.8g TZS:6.2g SZH:29.3g CK:11.3g FH:3.1g SÓ:0.3g<br><b>Alma</b><br>EN:24.5kcal ZS:0.3g SZH:4.9g FH:0.3g                                                                                                                                                                                                                                                                           |