

|         | Hétfő<br>08.31                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Kedd<br>09.01                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Szerda<br>09.02                                                                                                                                                                                                                                                                                                                                                        | Csütörtök<br>09.03                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Péntek<br>09.04                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| Tízórai | <b>Erdei gyümölcs tea szőlőcukorral</b><br>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;<br><b>Zala felvágott</b><br>EN: 72.0 kcal; ZS: 6.0 g; TZS: 2.4 g; SZH: 0.6 g; CK: 0.1 g; FH: 3.9 g; SÓ: 0.7 g;<br><b>Margarin</b><br>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;<br><b>vizes zsemle (1;)</b><br>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;<br><b>Kígyóborka</b><br>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; | <b>Poharas tej (7;)</b><br>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;<br><b>Sonkás padlizsánkrém (10;)</b><br>EN: 88.4 kcal; ZS: 7.1 g; TZS: 2.2 g; SZH: 2.4 g; CK: 0.1 g; FH: 3.6 g; SÓ: 1.3 g;<br><b>Kígyóborka</b><br>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;<br><b>vizes zsemle (1;)</b><br>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;                                                                                                                                                      | <b>Poharas tej (7;)</b><br>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;<br><b>Házi sertés húskrém</b><br>EN: 72.5 kcal; ZS: 5.0 g; TZS: 1.4 g; SZH: 0.1 g; CK: 0.0 g; FH: 6.3 g; SÓ: 0.1 g;<br><b>vizes zsemle (1;)</b><br>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;                | <b>Poharas tej (7;)</b><br>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;<br><b>Házi zöldségkrém</b><br>EN: 147.9 kcal; ZS: 15.8 g; TZS: 7.9 g; SZH: 0.9 g; CK: 0.5 g; FH: 0.2 g; SÓ: 0.7 g;<br><b>vizes zsemle (1;)</b><br>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;                                                                                                                                                               | <b>Barackos tea szőlőcukorral</b><br>EN: 33.2 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.1 g; CK: 8.1 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Házi csirkehúskrém</b><br>EN: 51.4 kcal; ZS: 2.7 g; TZS: 0.8 g; SZH: 0.1 g; CK: 0.0 g; FH: 6.4 g; SÓ: 0.1 g;<br><b>vizes zsemle (1;)</b><br>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;                                                                                                                            |
| Ebéd    | <b>Sertés gulyásleves (1;9;12;)</b><br><br>EN: 195.7 kcal; ZS: 9.1 g; TZS: 1.9 g; SZH: 13.9 g; CK: 1.1 g; FH: 12.0 g; SÓ: 1.1 g;<br><b>Gránátos kocka (1;12;)</b><br>EN: 428.9 kcal; ZS: 5.2 g; TZS: 0.7 g; SZH: 78.8 g; CK: 2.1 g; FH: 12.2 g; SÓ: 0.9 g;                                                                                                                                                                                                                                                                                                                          | <b>Kertész leves D (9;)</b><br><br>EN: 46.4 kcal; ZS: 2.5 g; TZS: 0.3 g; SZH: 4.9 g; CK: 2.1 g; FH: 0.9 g; SÓ: 1.1 g;<br><b>Zöldfűszeres sült csirkecombfilé</b><br>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;<br><b>Párolt brokkoli</b><br>EN: 55.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 4.9 g; CK: 3.0 g; FH: 2.3 g; SÓ: 0.5 g;<br><b>Rizs köret 1/2</b><br>EN: 216.9 kcal; ZS: 2.9 g; TZS: 0.4 g; SZH: 43.0 g; CK: 0.0 g; FH: 5.2 g; SÓ: 0.4 g;<br><b>Kekszgolyó szőlőcukorral (1;12;)</b><br>EN: 134.5 kcal; ZS: 2.1 g; TZS: 1.2 g; SZH: 25.1 g; CK: 12.7 g; FH: 2.7 g; SÓ: 0.2 g; | <b>Magyaros zellerleves (9;)</b><br><br>EN: 45.1 kcal; ZS: 1.7 g; TZS: 0.2 g; SZH: 5.9 g; CK: 1.4 g; FH: 1.3 g; SÓ: 1.2 g;<br><b>Rozmaringos csirkeragu</b><br>EN: 176.5 kcal; ZS: 7.2 g; TZS: 1.4 g; SZH: 4.8 g; CK: 0.1 g; FH: 21.6 g; SÓ: 0.3 g;<br><b>Főtt tészta (1;)</b><br>EN: 265.0 kcal; ZS: 6.8 g; TZS: 0.9 g; SZH: 43.2 g; CK: 2.1 g; FH: 7.3 g; SÓ: 0.0 g; | <b>Magyaros reszelttészta leves (zellermentes) (1;12;)</b><br><br>EN: 68.7 kcal; ZS: 1.8 g; TZS: 0.2 g; SZH: 10.8 g; CK: 0.4 g; FH: 2.2 g; SÓ: 0.9 g;<br><b>Húsgombóc</b><br>EN: 251.6 kcal; ZS: 15.9 g; TZS: 5.1 g; SZH: 12.8 g; CK: 0.0 g; FH: 14.2 g; SÓ: 1.1 g;<br><b>Bazsalikom mártás (1;)</b><br>EN: 54.8 kcal; ZS: 4.2 g; TZS: 1.3 g; SZH: 4.0 g; CK: 0.7 g; FH: 0.3 g; SÓ: 0.5 g;<br><b>Főtt burgonya 1/2 (12;)</b><br>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; | <b>Gomba krémleves (1;12;)</b><br><br>EN: 105.1 kcal; ZS: 2.9 g; TZS: 0.3 g; SZH: 13.6 g; CK: 0.9 g; FH: 5.4 g; SÓ: 1.0 g;<br><b>Pírított kenyérkocka (1;)</b><br>EN: 26.2 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.1 g; CK: 0.1 g; FH: 1.0 g; SÓ: 0.2 g;<br><b>Cukkinis csirkeragu</b><br>EN: 183.2 kcal; ZS: 8.3 g; TZS: 1.3 g; SZH: 9.9 g; CK: 1.6 g; FH: 16.0 g; SÓ: 0.1 g;<br><b>Párolt köles</b><br>EN: 263.5 kcal; ZS: 4.7 g; TZS: 0.8 g; SZH: 46.9 g; CK: 0.1 g; FH: 7.2 g; SÓ: 0.7 g; |
| Uzsonna | <b>Zöldfűszeres kockasajt (7;)</b><br>EN: 41.6 kcal; ZS: 3.7 g; TZS: 1.5 g; SZH: 0.6 g; CK: 0.6 g; FH: 1.5 g; SÓ: 0.1 g;<br><b>vizes zsemle (1;)</b><br>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;                                                                                                                                                                                                                                                                                                                                        | <b>Csirkemell sonka</b><br>EN: 27.0 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 1.5 g; CK: 0.2 g; FH: 4.8 g; SÓ: 0.8 g;<br><b>Margarin</b><br>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;<br><b>vizes zsemle (1;)</b><br>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;<br><b>Paprika</b><br>EN: 36.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.6 g; CK: 0.0 g; FH: 1.7 g; SÓ: 0.0 g;                                                                                                                                                                            | <b>Lapkasajt (7;)</b><br>EN: 56.8 kcal; ZS: 4.7 g; TZS: 3.2 g; SZH: 0.7 g; CK: 0.7 g; FH: 3.0 g; SÓ: 0.5 g;<br><b>Margarin</b><br>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;<br><b>vizes zsemle (1;)</b><br>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;                               | <b>Sertés párizsi</b><br>EN: 69.0 kcal; ZS: 6.0 g; TZS: 2.4 g; SZH: 0.8 g; CK: 0.0 g; FH: 3.0 g; SÓ: 0.6 g;<br><b>Margarin</b><br>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;<br><b>vizes zsemle (1;)</b><br>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;                                                                                                                                                                             | <b>Zöldfűszeres harcsapástétom (4;)</b><br>EN: 100.2 kcal; ZS: 9.1 g; TZS: 1.2 g; SZH: 1.8 g; CK: 0.1 g; FH: 2.6 g; SÓ: 0.4 g;<br><b>vizes zsemle (1;)</b><br>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;                                                                                                                                                                                                                                        |