

	Hétfő 08.31	Kedd 09.01	Szerda 09.02	Csütörtök 09.03	Péntek 09.04
Tízórai	Gyümölcsstea EN: 32.7 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; Zala felvágott 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; Margarin 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; vizes zsemle (1;) 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; Kígyóborka 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;	Citromos tea EN: 32.7 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; Sonkás padlizsánkrém (10;) 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; Kígyóborka 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; vizes zsemle (1;) 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;	Málna tea EN: 32.7 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; Lekvár EN: 66.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 16.0 g; CK: 15.8 g; FH: 0.1 g; SÓ: 0.0 g; vizes zsemle (1;) 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; Margarin 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;	Gyümölcsstea EN: 32.7 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; Házi babkrém EN: 24.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 3.5 g; CK: 0.2 g; FH: 1.7 g; SÓ: 0.1 g; vizes zsemle (1;) 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;	Barackos tea EN: 32.7 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; Házi csirkehúskrém 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; vizes zsemle (1;) 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; Kígyóborka 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;
Ebéd	Zöldséges lencsegulyás (10;) EN: 183.0 kcal; ZS: 6.1 g; TZS: 1.4 g; SZH: 15.8 g; CK: 0.9 g; FH: 13.8 g; SÓ: 0.9 g; Gránátos kocka (1;12;) 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; Csemege uborka * (10;12;) EN: 6.6 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.1 g; CK: 0.2 g; FH: 0.5 g; SÓ: 1.0 g; 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;	Őszibarackkrémleves (1;) EN: 183.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 44.6 g; CK: 22.7 g; FH: 1.3 g; SÓ: 0.5 g; Zöldfűszeres sült csirkecombfilé 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; Párolt brokkoli 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; Rizs köret 1/2 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; Almás sütemény (1;) EN: 162.9 kcal; ZS: 3.7 g; TZS: 0.5 g; SZH: 29.6 g; CK: 10.4 g; FH: 2.2 g; SÓ: 0.2 g;	Magyaros zellerleves (9;) 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; Temesvári sertésragu EN: 220.5 kcal; ZS: 11.7 g; TZS: 2.5 g; SZH: 11.0 g; CK: 1.7 g; FH: 16.1 g; SÓ: 1.3 g; Főtt tészta (1;) 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; Nektarin EN: 73.5 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 17.1 g; CK: 11.9 g; FH: 0.6 g; SÓ: 0.0 g;	Magyaros reszelttészta leves (zellermentes) (1;12;) 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; Húsgombóc 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; Vegyes gyümölcsmártás EN: 154.7 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 32.7 g; CK: 21.7 g; FH: 0.5 g; SÓ: 0.6 g; Főtt burgonya 1/2 (12;) 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; Körte EN: 67.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 15.6 g; CK: 2.0 g; FH: 0.5 g; SÓ: 0.0 g;	Gomba krémleves (1;12;) 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; Pirított kenyérkocka (1;) 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; Cukkínis-csirkes lecsó EN: 176.4 kcal; ZS: 7.2 g; TZS: 1.4 g; SZH: 5.1 g; CK: 1.1 g; FH: 20.1 g; SÓ: 0.9 g; Párolt köles 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	Cukkínikrém (12;) EN: 20.8 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 3.4 g; CK: 0.3 g; FH: 0.9 g; SÓ: 0.6 g; vizes zsemle (1;) 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;	Csirkemell sonka 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; Margarin 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; vizes zsemle (1;) 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; Paprika 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;	Sárgarépakrém (12;) EN: 17.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.5 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.1 g; Margarin 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; vizes zsemle (1;) 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; Jégcsapretek EN: 4.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.7 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g;	Sertés párizsi 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; Margarin 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; vizes zsemle (1;) 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; Paprika 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;	Meggyes almakrém EN: 25.4 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 6.5 g; CK: 5.0 g; FH: 0.1 g; SÓ: 0.0 g; vizes zsemle (1;) 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;