

|         | 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>Gyümölcsstea</b><br>EN: 36.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.1 g; CK: 9.1 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: 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;<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>Kígyóuborka</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>Citromos tea</b><br>EN: 36.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.1 g; CK: 9.1 g; FH: 0.0 g; SÓ: 0.0 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>Kígyóuborka</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>Málna tea</b><br>EN: 36.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.1 g; CK: 9.1 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Lekvár</b><br>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;<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>Margarin</b><br>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;                                  | <b>Gyümölcsstea</b><br>EN: 36.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.1 g; CK: 9.1 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Házi babkrém</b><br>EN: 32.0 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 4.6 g; CK: 0.3 g; FH: 2.2 g; SÓ: 0.2 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</b><br>EN: 36.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.1 g; CK: 9.1 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Házi csirkehúskrém</b><br>EN: 68.5 kcal; ZS: 3.5 g; TZS: 1.1 g; SZH: 0.1 g; CK: 0.0 g; FH: 8.5 g; SÓ: 0.2 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>Kígyóuborka</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;                              |
| Ebéd    | <b>Zöldséges lencsegyulálás (10;)</b><br>EN: 197.7 kcal; ZS: 6.5 g; TZS: 1.4 g; SZH: 17.7 g; CK: 1.0 g; FH: 14.4 g; SÓ: 1.1 g;<br><b>Gránátos kocka (1;12;)</b><br>EN: 451.7 kcal; ZS: 6.0 g; TZS: 0.9 g; SZH: 82.4 g; CK: 2.5 g; FH: 12.9 g; SÓ: 1.0 g;<br><b>Csemege uborka * (10;12;)</b><br>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;<br><b>Alma</b><br>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;                                                                           | <b>Őszibarackkrémleves (1;)</b><br>EN: 202.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 49.1 g; CK: 26.0 g; FH: 1.5 g; SÓ: 0.5 g;<br><b>Zöldfűszeres sült csirkecombfilé</b><br>EN: 130.7 kcal; ZS: 5.6 g; TZS: 1.3 g; SZH: 0.5 g; CK: 0.0 g; FH: 18.8 g; SÓ: 2.1 g;<br><b>Párolt brokkoli</b><br>EN: 57.1 kcal; ZS: 2.3 g; TZS: 0.2 g; SZH: 4.9 g; CK: 3.0 g; FH: 2.3 g; SÓ: 0.6 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>Almás sütemény (1;)</b><br>EN: 183.4 kcal; ZS: 4.2 g; TZS: 0.5 g; SZH: 33.3 g; CK: 11.7 g; FH: 2.5 g; SÓ: 0.2 g; | <b>Magyaros zellerleves (9;)</b><br>EN: 48.8 kcal; ZS: 2.0 g; TZS: 0.2 g; SZH: 6.1 g; CK: 1.5 g; FH: 1.4 g; SÓ: 1.4 g;<br><b>Temesvári sertésragu</b><br>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;<br><b>Főtt tészta (1;)</b><br>EN: 290.3 kcal; ZS: 7.7 g; TZS: 1.0 g; SZH: 46.8 g; CK: 2.3 g; FH: 7.9 g; SÓ: 0.0 g;<br><b>Nektarin</b><br>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; | <b>Magyaros reszelttészta leves (zellermentes) (1;12;)</b><br>EN: 76.4 kcal; ZS: 2.1 g; TZS: 0.3 g; SZH: 11.9 g; CK: 0.4 g; FH: 2.4 g; SÓ: 1.0 g;<br><b>Húsgombóc</b><br>EN: 249.2 kcal; ZS: 15.9 g; TZS: 5.1 g; SZH: 12.5 g; CK: 0.0 g; FH: 14.1 g; SÓ: 1.1 g;<br><b>Vegyes gyümölcsmártás</b><br>EN: 176.8 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 37.4 g; CK: 24.8 g; FH: 0.6 g; SÓ: 0.7 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;<br><b>Körte</b><br>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; | <b>Gomba krémleves (1;12;)</b><br>EN: 119.8 kcal; ZS: 3.3 g; TZS: 0.4 g; SZH: 15.5 g; CK: 1.0 g; FH: 6.2 g; SÓ: 1.2 g;<br><b>Pirított 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>Cukkínis-csirkes lecsó</b><br>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;<br><b>Párolt köles</b><br>EN: 292.2 kcal; ZS: 5.3 g; TZS: 0.8 g; SZH: 51.8 g; CK: 0.1 g; FH: 8.0 g; SÓ: 0.8 g; |
| Uzsonna | <b>Cukkínikrém (12;)</b><br>EN: 27.8 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 4.6 g; CK: 0.4 g; FH: 1.3 g; SÓ: 0.8 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: 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;<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>Sárgarépakrém (12;)</b><br>EN: 23.6 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.7 g; CK: 0.0 g; FH: 0.7 g; SÓ: 0.1 g;<br><b>Margarin</b><br>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;<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>Jégcsapretek</b><br>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;                     | <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: 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;<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>Meggyes almakrém</b><br>EN: 34.6 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 8.9 g; CK: 6.8 g; FH: 0.1 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;                                                                                                                                                                                                                                                        |

Az étlap változtatásának jogát fenntartjuk. Módosítást kizárólag a minőség legmagasabb biztosítása érdekében eszközölünk. Tápanyagtartalom jelölés magyarázata: EN(energia: kcal/adag); ZS(zsír: g/adag); TZS(telített zsírsav: g/adag); SZH(szénhidrát: g/adag); CK(cukor: g/adag); FH(fehérje: g/adag); SÓ(só: g/adag); CA(kalcium: mg/adag). Allergének: 1-Glutén; 2-Rákfélék; 3-Tojás; 4-Halak; 5-Földimogyoró; 6-Szójabab; 7-Tej, laktóz; 8-Diófélék (mandula, mogyoró, diófélék, pisztácia); 9-Zeller; 10-Mustár; 11-Szezám; 12-Kén-dioxid, szulfitok; 13-Csillagfűrt; 14-Puhatestűek. \* - édesítőszer tartalmaz.