

|         | Hétfő<br>09.28                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Kedd<br>09.29                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Szerda<br>09.30                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Csütörtök<br>10.01                                                                                                                                                                                                                                                                                                                                                                                                                                     | Péntek<br>10.02                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| Tízórai | <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>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>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>Magyaros margarinkrém</b><br>EN: 45.1 kcal; ZS: 5.0 g; TZS: 1.4 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 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;                                                                                                                                                       | <b>Meggyes tea</b><br>EN: 30.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.6 g; CK: 7.6 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>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;                              | <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>Mustáros lencsekrém (10;)</b><br>EN: 183.0 kcal; ZS: 12.4 g; TZS: 3.8 g; SZH: 10.7 g; CK: 0.0 g; FH: 5.2 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>Gyümölcs 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>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;<br><b>Lilahagyma</b><br>EN: 12.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 2.5 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g;   |
| Ebéd    | <b>Tárkonyos csirkeragu leves (1;9;12;)</b><br>EN: 83.8 kcal; ZS: 1.7 g; TZS: 0.6 g; SZH: 6.2 g; CK: 0.8 g; FH: 9.6 g; SÓ: 2.5 g;<br><b>Rizskoch</b><br>EN: 304.7 kcal; ZS: 2.5 g; TZS: 0.4 g; SZH: 66.3 g; CK: 16.6 g; FH: 4.9 g; SÓ: 0.6 g;<br><b>Baracklekvár</b><br>EN: 121.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 29.0 g; CK: 25.5 g; FH: 0.3 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>Brokkoli krémleves (1;)</b><br>EN: 123.5 kcal; ZS: 2.2 g; TZS: 0.3 g; SZH: 24.6 g; CK: 7.8 g; FH: 2.3 g; SÓ: 1.3 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>Mézes-mustáros csirketokány (1;10;)</b><br>EN: 102.2 kcal; ZS: 1.9 g; TZS: 0.7 g; SZH: 5.3 g; CK: 3.7 g; FH: 15.1 g; SÓ: 0.9 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; | <b>Zöldségleves (1;)</b><br>EN: 66.9 kcal; ZS: 2.9 g; TZS: 0.3 g; SZH: 8.2 g; CK: 2.2 g; FH: 1.6 g; SÓ: 0.6 g;<br><b>Mediterrán sertésragu</b><br>EN: 124.6 kcal; ZS: 5.9 g; TZS: 1.9 g; SZH: 1.5 g; CK: 0.6 g; FH: 15.3 g; SÓ: 0.8 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;<br><b>Kekszgolyó (1;12;)</b><br>EN: 149.4 kcal; ZS: 2.0 g; TZS: 1.1 g; SZH: 28.9 g; CK: 16.2 g; FH: 2.7 g; SÓ: 0.2 g; | <b>Erőleves levestésztával (1;)</b><br>EN: 88.3 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 17.1 g; CK: 2.5 g; FH: 3.3 g; SÓ: 2.2 g;<br><b>Bácskai rizseshús</b><br>EN: 615.6 kcal; ZS: 29.3 g; TZS: 7.6 g; SZH: 64.4 g; CK: 0.2 g; FH: 23.9 g; SÓ: 1.2 g;<br><b>Cékla saláta * (10;)</b><br>EN: 28.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 7.0 g; CK: 3.4 g; FH: 1.2 g; SÓ: 0.7 g;                                                                                  | <b>Magyaros Zöldségleves zellerm. (1;)</b><br>EN: 57.6 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 11.8 g; CK: 0.4 g; FH: 2.0 g; SÓ: 0.6 g;<br><b>Főtt virsli</b><br>EN: 115.2 kcal; ZS: 9.0 g; TZS: 1.3 g; SZH: 1.8 g; CK: 0.2 g; FH: 6.6 g; SÓ: 1.3 g;<br><b>Zöldborsófézelék (1;)</b><br>EN: 267.7 kcal; ZS: 7.6 g; TZS: 0.9 g; SZH: 35.2 g; CK: 7.4 g; FH: 11.2 g; SÓ: 1.3 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; |
| Uzsonna | <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;                                                                                                                                                                                                                               | <b>Baromfi húskrém</b><br>EN: 98.7 kcal; ZS: 9.2 g; TZS: 1.6 g; SZH: 1.4 g; FH: 2.4 g; SÓ: 0.3 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>Mátrai csemege szalámi</b><br>EN: 96.0 kcal; ZS: 9.0 g; TZS: 3.8 g; SZH: 0.2 g; CK: 0.1 g; FH: 3.6 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>Soproni felvágott</b><br>EN: 69.6 kcal; ZS: 5.7 g; TZS: 2.3 g; SZH: 1.0 g; CK: 0.4 g; FH: 3.6 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>Házi zöldségkrém</b><br>EN: 197.2 kcal; ZS: 21.1 g; TZS: 10.5 g; SZH: 1.2 g; CK: 0.7 g; FH: 0.3 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;<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;                                                                                                                                 |